

## *helvella – Vade Mecum for Thyroid*

If you think there is a term I should add, or find a mistake, please send me a private message via HealthUnlocked. <https://healthunlocked.com/user/helvella>

# Table of Contents

## Abbreviations and Acronyms

mL

%

∅

<

>

3

5

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

3

μ

**Amino Acids**

**Antibodies**

**Elements**

**Human**

**Hormones**

**Iodine Content of  
Thyroid**

**Hormones**

**Pharma Contacts**

**Pharmacy**

**Locations**

**Prescription**

**Latin**

**Tests (Summary)**

**Tests –**

**LabTestsOnline**

**Thyroid Binding  
Proteins**

**Thyroid  
Diseases,  
Disorders and  
Syndromes**

**Thyroid  
Hormones**

**Thyroid  
Medicines**

**Vitamins**

**X-codes**






# Abbreviations and Acronyms



The world of thyroid is as full of abbreviations and acronyms as the rest of medicine, indeed, the rest of the world. This list is meant to cover the most common.

You will find that people write them in all sorts of different ways. Adding hyphens and parentheses, varying capitalisation, and so on. I have tried to follow the clearest and most common forms.


Many terms link to further details within this document:



[A](#) Amino acids; [CE](#) Chemical elements; [L](#) Latin and other prescription language  
[T](#) Tests & LabTestsOnline; [V](#) Vitamins; [X](#) X-code terms







Abbr.	Meaning
	
℥	Minim (Apothecaries' measure)
	
% Bas	Basophils
% Eos	Eosinophils
% Mono	Monocytes
% Neutrophil	Neutrophils
	
℥	Scruple (Apothecaries' measure)
℥	Ounce (Apothecaries' measure)
	
<	Less than
<=	Less than or equal to
	
>	Greater than
>=	Greater than or equal to

Abbr.	Meaning	
<b>3</b>		
<b>3-T1AM</b>	3-iodothyronamine	
<b>3-T1S</b>	T1 Sulphate	
<b>3,3'T2</b>	3,3'-Diiodothyronine	
<b>3,3'T2S</b>	T2 Sulphate	
<b>3,5T2</b>	3,5-Diiodothyronine – T2	
<b>5</b>		
<b>5-HTP</b>	5-Hydroxytryptophan	
<b>7</b>		
<b>7-keto-DHEA</b>	7-Ketodehydroepiandrosterone 7-oxoprasterone	
<b>A</b>		
<b>A</b>	adenine nucleobase (DNA and RNA)	
<b>A</b>	Alanine (an amino acid)	<a href="#">A</a>
<b>A</b>	Vitamin A	<a href="#">V</a>
<b>A&amp;E</b>	Accident and Emergency	
<b>A1C</b>	glycosylated haemoglobin (haemoglobin A1c)	<a href="#">I</a>
<b>AACE</b>	American Association of Clinical Endocrinologists <a href="https://www.aace.com/">https://www.aace.com/</a>	
<b>ab</b>	antibodies	
<b>ABI</b>	Ankle Brachial Pressure Index	
<b>ABPI</b>	Ankle Brachial Pressure Index	
<b>ac</b>	ante cibum (before a meal)	<a href="#">L</a>
<b>ACB</b>	Association for Clinical Biochemistry <a href="https://www.acb.org.uk/">https://www.acb.org.uk/</a>	
<b>ACD</b>	Anaemia of Chronic Disease	
<b>ACE</b>	Adrenal Cortex Extract	
<b>ACE</b>	Angiotensin-converting enzyme	





Abbr.	Meaning	
<b>ACE</b>	Vitamins A, C and E	
<b>ACE2</b>	Angiotensin-converting enzyme 2	
<b>ACPA</b>	Anti-Citrullinated Protein Antibody	<a href="#">I</a>
<b>ACTH</b>	Adrenocorticotrophic Hormone	<a href="#">I</a>
<b>AD</b>	Anti-Depressant	
<b>ADD</b>	Attention deficit disorder	
<b>ADE</b>	Adverse drug event	
<b>adenosyl</b>	Adenosylcobalamin – a form of vitamin B12	<a href="#">V</a>
<b>ADH</b>	Antidiuretic Hormone (also known as vasopressin and AVP)	
<b>ADHD</b>	Attention deficit hyperactivity disorder	
<b>AdoCBL</b>	Adenosyl cobalamin – a form of vitamin B12	<a href="#">V</a>
<b>ADR</b>	Adverse Drug Reaction	
<b>AF</b>	Atrial Fibrillation	
<b>AFib</b>	Atrial Fibrillation	
<b>AFP</b>	Atypical Facial Pain	
<b>AFTN</b>	Autonomously Functioning Thyroid Nodule	
<b>AGA</b>	Anti-Gliadin Antibodies	<a href="#">I</a>
<b>AIG</b>	Autoimmune Gastritis	
<b>AIP</b>	Autoimmune Protocol	
<b>AIT</b>	Autoimmune Thyroiditis	
<b>AITD</b>	Autoimmune Thyroid Disease	
<b>aka</b>	also known as	
<b>AKI</b>	Acute kidney injury	
<b>Ala</b>	Alanine (an amino acid)	<a href="#">A</a>
<b>ALA</b>	Alpha-Lipoic Acid	
<b>Alk phos</b>	Alkaline Phosphatase	<a href="#">I</a>
<b>ALP</b>	Alkaline Phosphatase	<a href="#">I</a>
<b>ALT</b>	Alanine Transaminase	<a href="#">I</a>



Abbr.	Meaning	
<b>altern. d.</b>	every other day (from Latin alterno die)	<a href="#">L</a>
<b>AMA</b>	Antimitochondrial Antibody	<a href="#">I</a>
<b>AMP</b>	Adenosine monophosphate	<a href="#">I</a>
<b>ANA</b>	Antinuclear Antibody	<a href="#">I</a>
<b>ANCA</b>	Anti-neutrophil cytoplasmic antibody	<a href="#">I</a>
<b>ap</b>	before a meal (from Latin ante prandium)	<a href="#">L</a>
<b>APS</b>	Antiphospholipid Syndrome	
<b>APS</b>	Autoimmune Polyendocrine/Polyglandular Syndrome	
<b>ARB</b>	Angiotensin II receptor blockers	
<b>ARDS</b>	Acute Respiratory Distress Syndrome	
<b>Arg</b>	Arginine (an amino acid)	<a href="#">A</a>
<b>Asn</b>	Asparagine (an amino acid)	<a href="#">A</a>
<b>Asp</b>	Aspartic acid (an amino acid)	<a href="#">A</a>
<b>AST</b>	Acute Suppurative Thyroiditis	
<b>AST</b>	Aspartate aminotransferase	<a href="#">I</a>
<b>AT</b>	Acute Thyroiditis	
<b>ATA</b>	American Thyroid Association <a href="https://www.thyroid.org/">https://www.thyroid.org/</a>	
<b>ATA</b>	Antithyroid Antibodies	<a href="#">I</a>
<b>ATA</b>	Antitransglutaminase Antibodies	<a href="#">I</a>
<b>ATC code</b>	Anatomical Therapeutic Chemical code	
<b>ATD</b>	Anti-Thyroid Drug	
<b>ATP</b>	Acute Thrombocytopenic Purpura	
<b>ATP</b>	Adenosine triphosphate	
<b>ATTGA</b>	Anti-transglutaminase antibodies	<a href="#">I</a>
<b>AU</b>	Arbitrary units	
<b>AV</b>	atrioventricular	
<b>AVP</b>	Arginine Vasopressin	


Abbr.	Meaning	
<b>AWMSG</b>	All Wales Medicines Strategy Group <a href="https://awmsg.nhs.wales/">https://awmsg.nhs.wales/</a>	
<b>Ax</b>	Assessment (often psychiatric)	<u>X</u>
<b>B</b>		
<b>B</b>	Boron (chemical element)	<u>CE</u>
<b>B&amp;R</b>	Block and Replace	
<b>B1</b>	Vitamin B1 – Thiamine or thiamin	<u>V</u>
<b>B12</b>	Vitamin B12 – Various cobalamins	<u>V</u>
<b>B12D</b>	B12 Deficiency	<u>V</u>
<b>B2</b>	Vitamin B2 – Riboflavin	<u>V</u>
<b>B3</b>	Vitamin B3 – Niacin, nicotinic acid and vitamin PP	<u>V</u>
<b>B5</b>	Vitamin B5 – Pantothenic acid	<u>V</u>
<b>B6</b>	Vitamin B6 – pyridoxine, pyridoxal, pyridoxamine	<u>V</u>
<b>B7</b>	Vitamin B7 – Biotin	<u>V</u>
<b>B9</b>	Vitamin B9 – Folic Acid	<u>V</u>
<b>BAN</b>	British Approved Name	
<b>BAT</b>	Brown Adipose Tissue	
<b>BBB</b>	Blood–Brain Barrier	
<b>BBT</b>	Basal body temperature	
<b>BD</b>	Bipolar Disorder	
<b>bd</b>	twice a day (from Latin bis in die)	<u>L</u>
<b>BG</b>	Blood Glucose	
<b>bid</b>	twice a day (from Latin bis in die)	<u>L</u>
<b>BMA</b>	British Medical Association <a href="https://www.bma.org.uk/">https://www.bma.org.uk/</a>	
<b>BMD</b>	Bone Mineral Density	
<b>BMI</b>	Body Mass Index	




Abbr.	Meaning	
<b>BMJ</b>	British Medical Journal <a href="https://www.bmj.com/">https://www.bmj.com/</a>	
<b>BNF</b>	British National Formulary <a href="https://bnf.nice.org.uk/">https://bnf.nice.org.uk/</a>	
<b>BNFC</b>	British National Formulary for Children <a href="https://bnfc.nice.org.uk/">https://bnfc.nice.org.uk/</a>	
<b>BNP</b>	B-type natriuretic peptide	
<b>BP</b>	Blood Pressure	
<b>BP</b>	British Pharmacopoeia <a href="https://www.pharmacopoeia.com/">https://www.pharmacopoeia.com/</a>	
<b>BPA</b>	Bisphenol A	
<b>BPC</b>	British Pharmaceutical Codex	
<b>bpm</b>	beats per minute	
<b>BPPV</b>	Benign Paroxysmal Postural Vertigo	
<b>Br</b>	Bromine (chemical element)	<a href="#">CE</a>
<b>BRCA</b>	breast cancer gene	
<b>BSO</b>	Bilateral Salpingo-Oophorectomy	
<b>BTA</b>	British Thyroid Association <a href="https://www.british-thyroid-association.org/">https://www.british-thyroid-association.org/</a>	
<b>BTF</b>	British Thyroid Foundation <a href="https://www.btf-thyroid.org/">https://www.btf-thyroid.org/</a>	
<b>BUN</b>	Blood Urea Nitrogen	
<b>BW</b>	Body Weight	
<b>Bx</b>	Behaviour	<a href="#">X</a>
<b>Bx</b>	Biopsy	<a href="#">X</a>
<b>C</b>		
<b>C</b>	Carbon (chemical element)	<a href="#">C</a> <a href="#">E</a>









Abbr.	Meaning	
<b>C</b>	Cysteine (an amino acid)	<a href="#">A</a>
<b>C</b>	cytosine nucleobase (DNA and RNA) (an amino acid)	<a href="#">A</a>
<b>C</b>	Vitamin C or L-ascorbic acid, or simply ascorbate (the anion of ascorbic acid)	<a href="#">V</a>
<b>Ca</b>	Calcium (chemical element)	<a href="#">CE</a>
<b>cAMP</b>	Cyclic AMP, Cyclic adenosine monophosphate	
<b>CAT</b>	Computerised Axial Tomography	
<b>CBC</b>	Complete Blood Count	 <a href="#">T</a>
<b>CBD</b>	Cannabidiol	
<b>CBL</b>	Cobalamin (vitamin B12)	<a href="#">T</a> <a href="#">V</a>
<b>CBZ</b>	Carbimazole	
<b>cc</b>	cubic centimetre	
<b>CCB</b>	Calcium channel blocker	
<b>CCG</b>	Clinical Commissioning Group	
<b>CCU</b>	Coronary Care Unit	
<b>CD</b>	Coeliac Disease	
<b>CDB</b>	Cannabidiol	
<b>CDC</b>	Centers for Disease Control and Prevention <a href="https://www.cdc.gov/">https://www.cdc.gov/</a>	
<b>CeH</b>	Central Hypothyroidism	
<b>CFS</b>	Chronic Fatigue Syndrome	
<b>CH</b>	Central Hypothyroidism	
<b>CH</b>	Congenital Hypothyroidism	
<b>CHM</b>	Commission on Human Medicines <a href="https://www.gov.uk/government/organisations/commission-on-human-medicines">https://www.gov.uk/government/organisations/commission-on-human-medicines</a>	
<b>CHT</b>	Congenital Hypothyroidism	






Abbr.	Meaning	
<b>CK</b>	Creatine Kinase	<a href="#"><u>I</u></a>
<b>CKD</b>	Chronic Kidney Disease	
<b>CKS</b>	Clinical Knowledge Summary (former NHS documents now in NICE) <a href="https://cks.nice.org.uk/">https://cks.nice.org.uk/</a>	
<b>Cl</b>	Chlorine (chemical element)	
<b>CLO</b>	Cod Liver Oil	
<b>CLT</b>	Chronic Lymphocytic Thyroiditis	
<b>CMT</b>	Charcot-Marie-Tooth disease	
<b>CMV</b>	Cytomegalovirus	
<b>CNS</b>	Central Nervous System	
<b>CoQ10</b>	Coenzyme Q10	
<b>COVID-19</b>	Coronavirus disease 2019	
<b>CPD</b>	Continuing Professional Development	
<b>CQC</b>	Care Quality Commission <a href="https://www.cqc.org.uk/">https://www.cqc.org.uk/</a>	
<b>CRH</b>	Corticotrophin-Releasing Hormone	
<b>CRP</b>	C-reactive Protein	<a href="#"><u>I</u></a>
<b>CRS</b>	Cytokine Release Syndrome	
<b>CSF</b>	Cerebrospinal Fluid	
<b>CSVt</b>	Cerebral Sinus Vein Thrombosis	
<b>CT</b>	Calcitonin	<a href="#"><u>I</u></a>
<b>CT</b>	Computed Tomography	
<b>CT3M</b>	Circadian T3 Method	
<b>CTS</b>	Carpal Tunnel Syndrome	
<b>Cu</b>	Copper (chemical element)	<a href="#"><u>I</u></a> <a href="#"><u>CE</u></a>
<b>Cx</b>	Cancelled	<a href="#"><u>X</u></a>
<b>cyano</b>	Cyanocobalamin – a form of vitamin B12	<a href="#"><u>V</u></a>




Abbr.	Meaning	
<b>Cys</b>	Cysteine (an amino acid)	<a href="#">A</a>
<b>D</b>		
<b>D</b>	Aspartic acid (an amino acid)	<a href="#">A</a>
<b>D</b>	Dextro	
<b>D</b>	Vitamin D	<a href="#">I</a> <a href="#">V</a>
<b>D1, D2, D3</b>	Deiodinase 1, 2 and 3	
<b>D2</b>	Vitamin D2 also called ergocalciferol	<a href="#">I</a> <a href="#">V</a>
<b>D3</b>	Vitamin D3 also called colecalciferol/cholecalciferol	<a href="#">I</a> <a href="#">V</a>
<b>Da</b>	Dalton	
<b>DAO</b>	D-Amino-Acid Oxidase	
<b>DAO</b>	Diamine Oxidase	
<b>DBS</b>	Deep Brain Stimulation	
<b>DDx</b>	Differential Diagnosis	
<b>DEXA</b>	Dual-energy X-ray absorptiometry	
<b>DHEA</b>	Dehydroepiandrosterone	<a href="#">I</a>
<b>DHEAS</b>	Dehydroepiandrosterone sulfate	<a href="#">I</a>
<b>DHSC</b>	Department of Health and Social Care <a href="https://www.gov.uk/government/organisations/department-of-health-and-social-care">https://www.gov.uk/government/organisations/department-of-health-and-social-care</a>	
<b>DHT</b>	Dihydrotestosterone	
<b>DI</b>	Diabetes Insipidus	
<b>DIM</b>	Diindolylmethane	
<b>DIO1</b>	Deiodinase 1, 2 and 3 (enzymes)	
<b>DIO2</b>	Genes which affect the management of the deiodinase-2 enzyme.	
<b>DIO3</b>		
<b>DIT</b>	Destruction-Induced Thyrotoxicosis	
<b>DIT</b>	Diiodotyrosine	

Abbr.	Meaning	
<b>dL</b>	decilitre	
<b>DLBCL</b>	Diffuse large B-cell lymphoma	
<b>DM</b>	Diabetes Mellitus	
<b>DNA</b>	deoxyribonucleic acid	
<b>DO</b>	Doctor of Osteopathic Medicine	
<b>DoH</b>	Department of Health	
<b>dr</b>	Drachm	
<b>DTC</b>	Differentiated Thyroid Carcinoma	
<b>DTE</b>	Desiccated Thyroid Extract (=Natural Desiccated Thyroid)	
<b>DVT</b>	Deep Vein Thrombosis	
<b>Dx</b>	Diagnosis	<a href="#"><u>X</u></a>
<b>DXA</b>	Dual-energy X-ray absorptiometry (previously DEXA)	
<b>E</b>		
<b>E</b>	Glutamic acid (an amino acid)	<a href="#"><u>A</u></a>
<b>E</b>	Vitamin E – a group of eight fat-soluble compounds that include both tocopherols and tocotrienols.	<a href="#"><u>V</u></a>
<b>EB</b>	Epstein-Barr	
<b>EBM</b>	Evidence-Based Medicine	
<b>EBV</b>	Epstein-Barr virus	<a href="#"><u>I</u></a>
<b>EC</b>	enteric-coated (termed gastro-resistant in BP)	
<b>EC NRV</b>	European Community Nutrient Reference Value <a href="https://www.efsa.europa.eu/en/topics/topic/dietary-reference-values">https://www.efsa.europa.eu/en/topics/topic/dietary-reference-values</a>	
<b>ECG</b>	Electrocardiogram	
<b>EDC</b>	Endocrine-Disrupting Chemicals	
<b>EEG</b>	electro-encephalogram	
<b>EFA</b>	Essential Fatty Acid, a type of fatty acid	

Abbr.	Meaning	
<b>eGFR</b>	Estimated Glomerular Filtration Rate	<a href="#">I</a>
<b>EHIC</b>	European Health Insurance Card	
<b>EKG</b>	Electrocardiogram	
<b>ELGAN</b>	Extremely Low Gestational Age Neonate	
<b>ELISA</b>	Enzyme-linked immunosorbent assay	
<b>EM</b>	Erythema Multiforme	
<b>EMA</b>	Endomysial antibody	<a href="#">I</a>
<b>EMA</b>	European Medicines Agency <a href="https://www.ema.europa.eu/en">https://www.ema.europa.eu/en</a>	
<b>eMC</b>	electronic Medicines Compendium <a href="https://www.medicines.org.uk/emc">https://www.medicines.org.uk/emc</a>	
<b>EMT</b>	Emergency Medical Technician	
<b>ENA</b>	Extractable nuclear antigens	
<b>Endo</b>	Endocrinologist	
<b>ENT</b>	Ear Nose and Throat	
<b>EPI</b>	Exocrine Pancreatic Insufficiency	
<b>EPO</b>	Evening Primrose Oil	
<b>ER</b>	Emergency Room	
<b>ESR</b>	Erythrocyte Sedimentation Rate	<a href="#">I</a>
<b>ET</b>	Essential Thrombocythemia	
<b>ETA</b>	European Thyroid Association <a href="https://www.eurothyroid.com/">https://www.eurothyroid.com/</a>	
<b>ETP</b>	Electronic Transfer of Prescriptions	
<b>Ex</b>	Examination	<a href="#">X</a>
<b>Ex</b>	Excision	<a href="#">X</a>



Abbr.	Meaning	
<b>F</b>		
<b>F</b>	Fluorine (chemical element)	<a href="#">CE</a>
<b>F</b>	Phenylalanine (an amino acid)	<a href="#">A</a>
<b>f/c</b>	film-coated	
<b>FAD</b>	Flavin adenine dinucleotide	
<b>FAQ</b>	Frequently Asked Questions	
<b>FBC</b>	Full Blood Count	 <a href="#">I</a>
<b>FDA</b>	Food and Drugs Administration <a href="https://www.fda.gov/">https://www.fda.gov/</a>	
<b>FDH</b>	Familial Dysalbuminaemic Hyperthyroxinaemia	
<b>Fe</b>	Iron (chemical element)	<a href="#">I</a> <a href="#">CE</a>
<b>FFA</b>	Free Fatty Acid	
<b>Fibro</b>	Fibromyalgia	
<b>fl</b>	Fluid (as in measures)	
<b>FM</b>	Fibromyalgia	
<b>FMN</b>	Flavin mononucleotide	
<b>FNA</b>	Fine Needle Aspiration	
<b>FNAB</b>	Fine Needle Aspiration Biopsy	
<b>FNB</b>	Fine Needle Aspiration Biopsy	
<b>FND</b>	Functional Neurological Disorder	
<b>FSH</b>	Follicle Stimulating Hormone	<a href="#">I</a>
<b>FT3</b>	Free T3	<a href="#">I</a>
<b>FT3I</b>	Free T3 Index	<a href="#">I</a>
<b>FT4</b>	Free T4	<a href="#">I</a>
<b>FT4I</b>	Free T4 Index	<a href="#">I</a>
<b>FTC</b>	Follicular thyroid carcinoma	


Abbr.	Meaning	
<b>FTI</b>	Free Thyroxine Index (aka T7)	 <a href="#">I</a>
<b>FTP</b>	Fitness To Practice	
<b>Fx</b>	Fracture	<a href="#">X</a>
<b>G</b>		
<b>G</b>	Glycine (an amino acid)	<a href="#">A</a>
<b>g</b>	gram	
<b>G</b>	guanine nucleobase (DNA and RNA)	
<b>GA</b>	General Anaesthesia	
<b>GB/GBS/GBV</b>	Guillain-Barré / Syndrome / Virus	
<b>GCA</b>	Giant cell arteritis	
<b>GD</b>	Graves' Disease	
<b>GED</b>	Graves' Eye Disease	
<b>GERD</b>	Gastro-Esophageal Reflux Disease	
<b>GET</b>	graded exercise therapy	
<b>GF</b>	Gluten Free	
<b>GFR</b>	Glomerular Filtration Rate	<a href="#">I</a>
<b>GGT</b>	Gamma-glutamyl transferase	<a href="#">I</a>
<b>GH</b>	Growth Hormone	<a href="#">I</a>
<b>GHIC</b>	Global Health Insurance Card	
<b>GI</b>	Gastrointestinal	
<b>GI</b>	Glycaemic Index	
<b>GIG</b>	Gwasanaeth Iechyd Gwladol (NHS in Wales) <a href="http://www.wales.nhs.uk/">http://www.wales.nhs.uk/</a>	

Abbr.	Meaning	
<b>Gln</b>	Glutamine (an amino acid)	<a href="#">A</a>
<b>Glu</b>	Glutamic acid (an amino acid)	<a href="#">A</a>
<b>Gly</b>	Glycine (an amino acid)	<a href="#">A</a>
<b>GMC</b>	General Medical Council <a href="https://www.gmc-uk.org/">https://www.gmc-uk.org/</a>	
<b>GO</b>	Graves Ophthalmopathy (also called Graves' orbitopathy)	
<b>GORD</b>	Gastro-Oesophageal Reflux Disease	
<b>GP</b>	General Practitioner	
<b>GPC</b>	Gastric Parietal Cell	
<b>GPCab</b>	Gastric Parietal Cell antibodies	<a href="#">I</a>
<b>gr</b>	grain	
<b>GSL</b>	General Sales List	
<b>GTT</b>	Glucose Tolerance test	<a href="#">I</a>
<b>H</b>		
<b>H</b>	Histidine (an amino acid)	<a href="#">A</a>
<b>H</b>	Hydrogen (chemical element)	<a href="#">CE</a>
<b>H2A</b>	H2-receptor Antagonist	
<b>H2RA</b>	H2-receptor Antagonist	
<b>Hb</b>	Haemoglobin	<a href="#">I</a>
<b>HbA1c</b>	glycosylated Haemoglobin (Haemoglobin A1c)	<a href="#">I</a>
<b>HC</b>	Homocysteine	<a href="#">I</a>
<b>HC</b>	Hydrocortisone	
<b>hCG</b>	human Chorionic Gonadotropin	<a href="#">I</a>
<b>HCS</b>	Homocysteine	<a href="#">I</a>
<b>Hct</b>	Haematocrit	<a href="#">I</a>
<b>HDL</b>	High Density Lipoprotein	<a href="#">I</a>




Abbr.	Meaning	
<b>HDU</b>	High Dependency Unit	
<b>HE</b>	Hashimoto's Encephalopathy	
<b>HGF</b>	Hepatocyte growth factor	
<b>HGH</b>	Human Growth Hormone	<a href="#"><u>I</u></a>
<b>HH</b>	Hiatus Hernia	
<b>His</b>	Histidine (an amino acid)	<a href="#"><u>A</u></a>
<b>HOCbl</b>	Hydroxocobalamin (hydroxo form of vitamin B12)	
<b>HoloTC</b>	Holotranscobalamin (Active B12)	<a href="#"><u>I</u></a>
<b>HP</b>	Helicobacter Pylori	<a href="#"><u>I</u></a>
<b>HPA</b>	Hypothalamus-Pituitary-Adrenal	
<b>HPG</b>	Hypothalamus-Pituitary-Gonadal	
<b>HPT</b>	Hyperparathyroidism	
<b>HPT</b>	Hypothalamus-Pituitary-Thyroid	
<b>HR</b>	Heart Rate	
<b>HRT</b>	Hormone Replacement Therapy	
<b>HSA</b>	Human Serum Albumin	<a href="#"><u>I</u></a>
<b>HT</b>	Hashimoto's Thyroiditis	
<b>HT</b>	Hyperthyroid	
<b>HT</b>	Hypothyroid	
<b>HU</b>	Health Unlocked <a href="https://healthunlocked.com/">https://healthunlocked.com/</a>	
<b>Hx</b>	History	<a href="#"><u>X</u></a>
<b>hydroxo</b>	Hydroxocobalamin – a form of vitamin B12	<a href="#"><u>V</u></a>
<b>Hyper</b>	Hyperthyroidism – low TSH level/high thyroid hormone	
<b>Hypo</b>	Hypothyroidism – high TSH level/low thyroid hormone	
<b>I</b>	Iodine (chemical element)	<a href="#"><u>CE</u></a>
<b>I</b>	Isoleucine (an amino acid)	<a href="#"><u>A</u></a>




Abbr.	Meaning	
<b>I123</b> $I^{123}$	The 123 radioactive isotope of Iodine	<a href="#">I</a>
<b>I131</b> $I^{131}$	The 131 radioactive isotope of Iodine	<a href="#">I</a>
<b>ICCIDD</b>	International Council for Control of Iodine Deficiency Disorders <a href="https://www.who.int/pmnch/about/members/database/iccidd/en/">https://www.who.int/pmnch/about/members/database/iccidd/en/</a>	
<b>ICD</b>	Implantable cardioverter defibrillator	
<b>ICE</b>	Integrated Clinical Environment	
<b>ICM</b>	iodinated contrast media	
<b>ICU</b>	Intensive Care Unit	
<b>IDA</b>	Iron-deficiency Anaemia	
<b>IDD</b>	International Council for Control of Iodine Deficiency Disorders <a href="https://www.who.int/pmnch/about/members/database/iccidd/en/">https://www.who.int/pmnch/about/members/database/iccidd/en/</a>	
<b>IF</b>	Intrinsic Factor	
<b>IFA</b>	Intrinsic Factor antibodies	<a href="#">I</a>
<b>IFab</b>	Intrinsic Factor antibodies	<a href="#">I</a>
<b>Ig</b>	Immunoglobulin	
<b>IgA, IgD, IgE, IgG, IgM</b>	Immunoglobulin A, D, E, G or M	
<b>IGF</b>	Insulin-like Growth Factor	
<b>IGF-I, IGF-2, ...</b>	Insulin-like Growth Factor 1, etc.	
<b>IL</b>	Interleukin	
<b>IL-1, IL-2, ...</b>	Interleukin 1, 2, etc. through 36	
<b>Ile</b>	Isoleucine (an amino acid)	<a href="#">A</a>
<b>IM</b>	Intramuscular	







Abbr.	Meaning	
<b>INN</b>	International Non-proprietary Name	
<b>INR</b>	international normalized ratio (of prothrombin clotting)	<a href="#">I</a>
<b>IRD</b>	Inner Ring Deiodination	
<b>ITA</b>	Inferior Thyroid Artery	
<b>ITP</b>	Idiopathic thrombocytopenic purpura	
<b>ITSHD</b>	Isolated TSH deficiency	
<b>ITT</b>	Insulin Tolerance Test	<a href="#">I</a>
<b>IU</b>	International Unit	
<b>IV</b>	Intravenous	
<b>Ix</b>	Investigation(s)	<a href="#">X</a>
<b>J</b>		
<b>JAK</b>	Janus kinase	
<b>JTI</b>	Jostel's TSH index (aka TSHI)	
<b>K</b>		
<b>k</b>	kilo- (unit prefix for a thousand – 1,000)	
<b>K</b>	Lysine (an amino acid)	<a href="#">A</a>
<b>K</b>	Potassium (Kalium) – (chemical element)	<a href="#">CE</a>
<b>K</b>	Vitamin K	<a href="#">I</a> <a href="#">V</a>
<b>K1</b>	Vitamin K1 Phylloquinone, phytomenadione or phytonadione	<a href="#">V</a>
<b>K2</b>	Vitamin K2 (the menaquinones)	<a href="#">V</a>
<b>K2-MK7</b>	Vitamin K2 – menaquinone-7	<a href="#">V</a>
<b>kDa</b>	Kilo Dalton	
<b>KI</b>	Potassium Iodide	
<b>L</b>		
<b>L</b>	Laevo / Levo	
<b>L</b>	Leucine (an amino acid)	<a href="#">A</a>

Abbr.	Meaning	
<b>l</b>	Litre	
<b>LA</b>	Local Anaesthesia	
<b>LADA</b>	Latent Autoimmune Diabetes of Adulthood	
<b>LAT</b>	L-Type Amino Acid Transporter	
<b>LATS</b>	Long Acting Thyroid Stimulator	
<b>LAVH</b>	Laparoscopic-Assisted Vaginal Hysterectomy	
<b>lb</b>	Pound (weight) – also $\bar{\text{lb}}$ (called L B Bar symbol)	
<b>LCFH</b>	low carbohydrate, high fat	
<b>LDH</b>	lactate dehydrogenase (blood test)	<a href="#">I</a>
<b>LDL</b>	Low Density Lipoprotein	<a href="#">I</a>
<b>LDN</b>	Low Dose Naltrexone	
<b>Leu</b>	Leucine (an amino acid)	<a href="#">A</a>
<b>Levo</b>	Colloquial reference to Levothyroxine	
<b>LFT</b>	Liver Function Test	<a href="#">I</a>
<b>LH</b>	Luteinising Hormone	<a href="#">I</a>
<b>Li</b>	Lithium (chemical element)	<a href="#">CE</a>
<b>LID</b>	Low Iodine Diet	
<b>lio</b>	Colloquial reference to Liothyronine	
<b>LLQ</b>	Left Lower Quadrant	
<b>LP</b>	Lumbar Puncture	
<b>LPR</b>	Laryngopharyngeal Reflux	
<b>LQTS</b>	Long QT syndrome	
<b>LST</b>	Long Synacthen Test	
<b>LT3</b> <b>L-T3</b>	Liothyronine	
<b>LT4</b> <b>L-T4</b>	Levothyroxine	
<b>LTHY</b>	Thyroid Function Test (ICE Code)	
<b>LUQ</b>	Left Upper Quadrant	





Abbr.	Meaning	
<b>Lx</b>	Lower extremity	<a href="#"><u>X</u></a>
<b>Lx</b>	Lumpectomy	<a href="#"><u>X</u></a>
<b>Lymphs</b>	Lymphocytes	<a href="#"><u>I</u></a>
<b>Lys</b>	Lysine (an amino acid)	<a href="#"><u>A</u></a>
<b>M</b>		
<b>m</b>	milli- (unit prefix for one thousandth, 1/1000)	
<b>M</b>	mega- (unit prefix for a million – 1,000,000)	
<b>M</b>	Methionine (an amino acid)	<a href="#"><u>A</u></a>
<b>MAH</b>	Marketing Authorization Holder	
<b>MAT</b>	Microsomal Antibodies Test (former name of Thyroid Peroxidase antibodies)	<a href="#"><u>I</u></a>
<b>mc</b>	micro- (unit prefix for one millionth, 1/1,000,000)	
<b>MCAS</b>	Mast Cell Activation Syndrome	
<b>mcg</b>	microgram	
<b>MCH</b>	Mean Corpuscular Haemoglobin	<a href="#"><u>I</u></a>
<b>MCHC</b>	Mean Corpuscular Haemoglobin Concentration	<a href="#"><u>I</u></a>
<b>MCT8, 10</b>	Methylcarboxylate transporter 8, 10	
<b>MCV</b>	Mean Corpuscular Volume = Mean Cell Volume	<a href="#"><u>I</u></a>
<b>MD</b>	Doctor of Medicine	
<b>ME</b>	Myalgic Encephalopathy/ myalgic encephalomyelitis	
<b>MeCBL</b>	Methylcobalamin (methyl form of vitamin B12)	<a href="#"><u>V</u></a>
<b>MEN</b>	hereditary Multiple Endocrine Neoplasia syndrome	
<b>Met</b>	Methionine (an amino acid)	<a href="#"><u>A</u></a>
<b>methyl</b>	Methylcobalamin – a form of vitamin B12	<a href="#"><u>V</u></a>
<b>Mg</b>	Magnesium (chemical element)	<a href="#"><u>CE</u></a>
<b>mg</b>	milligram	
<b>MG</b>	Myasthenia gravis	
<b>MGD</b>	Meibomian Gland Dysfunction	








Abbr.	Meaning	
<b>MGUS</b>	Monoclonal gammopathy of undetermined significance	
<b>MH</b>	Mental Health	
<b>MHC</b>	major histocompatibility complex	
<b>MHRA</b>	Medicines and Healthcare Products Regulatory Agency <a href="https://www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency">https://www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency</a>	
<b>MI</b>	Myocardial infarction	
<b>miDNA</b>	microDNA	
<b>min</b>	Minim (fluid measure)	
<b>MIT</b>	Monoiodotyrosine	
<b>mIU</b>	milli-International Unit	
<b>mL</b>	millilitre	
<b>MMA</b>	Methylmalonic acid	
<b>mmHG</b>	millimetres of mercury	
<b>Mn</b>	Manganese (chemical element)	
<b>MNG</b>	Multinodular Goitre	
<b>MPV</b>	Mean Platelet Volume	<a href="#">I</a>
<b>MR m/r</b>	Modified release	
<b>MRI</b>	Magnetic Resonance Imaging	
<b>mRNA</b>	messenger RNA	
<b>MS</b>	Multiple Sclerosis	
<b>MSK</b>	Musculo-skeletal	
<b>MSM</b>	methylsulfonylmethane	
<b>MTC</b>	Medullary Thyroid Carcinoma	
<b>mtDNA</b>	Mitochondrial DNA	
<b>MTHFR</b>	methylenetetrahydrofolate reductase (NAD(P)H) or the gene that codes for this enzyme	
<b>mU</b>	milli-International Unit	
<b>Mx</b>	Massage	<a href="#">X</a>


Abbr.	Meaning	
<b>Mx</b>	Multiple	<a href="#">X</a>
<b>N</b>		
<b>n</b>	nano- (unit prefix for millionth, 1/1,000,000,000)	
<b>N</b>	Asparagine (an amino acid)	<a href="#">A</a>
<b>N</b>	Nitrogen (chemical element)	<a href="#">CE</a>
<b>n/a</b>	not applicable	
<b>NA</b>	No Action	
<b>NA</b>	Nutri-Adrenal	
<b>Na</b>	Sodium (Natrium) (chemical element)	<a href="#">CE</a>
<b>NAC</b>	Acetylcysteine, also known as N-acetylcysteine or N-acetyl-L-cysteine (NAC)	
<b>NACB</b>	National Academy of Clinical Biochemistry <a href="https://www.aacc.org/">https://www.aacc.org/</a>	
<b>NAD</b>	Nothing Abnormal Detected	
<b>NAD / NAD+</b>	Nicotinamide adenine dinucleotide	
<b>NAFLD</b>	Non-alcoholic fatty liver disease	
<b>NASH</b>	Non-alcoholic steatohepatitis	
<b>NAX</b>	Nutri-Adrenal Extra	
<b>NCGS</b>	Non-Coeliac Gluten Sensitivity	
<b>ND</b>	Naturopathic Doctor	
<b>NDC</b>	National Drug Code <a href="https://www.fda.gov/drugs/drug-approvals-and-databases/national-drug-code-directory">https://www.fda.gov/drugs/drug-approvals-and-databases/national-drug-code-directory</a>	
<b>NDT</b>	Natural Desiccated Thyroid (= Desiccated Thyroid Extract)	
<b>NED</b>	No Evidence of Disease	
<b>NEFA</b>	Non-Esterified Fatty Acid	
<b>ng</b>	nanogram	


Abbr.	Meaning	
<b>NHANES</b>	National Health and Nutrition Examination Survey <a href="https://www.cdc.gov/nchs/nhanes/index.htm">https://www.cdc.gov/nchs/nhanes/index.htm</a> nh	
<b>NHL</b>	Non-Hodgkin lymphoma	
<b>NHS</b>	National Health Service <a href="https://www.nhs.uk/">https://www.nhs.uk/</a>	 
<b>NICE</b>	National Institute for Clinical Excellence <a href="https://www.nice.org.uk/">https://www.nice.org.uk/</a>	
<b>NIH</b>	National Institutes of Health <a href="https://www.nih.gov/">https://www.nih.gov/</a>	
<b>NIS</b>	Sodium Iodide Symporter	
<b>NK</b>	Natural Killer Cells	
<b>nL</b>	Nanolitre	
<b>NLT</b>	not less than	
<b>nmol</b>	nanomole	
<b>NMT</b>	not more than	
<b>NPF</b>	Nurse Prescribers' Formulary <a href="https://bnf.nice.org.uk/nurse-prescribers-formulary/">https://bnf.nice.org.uk/nurse-prescribers-formulary/</a>	
<b>NRV</b>	Nutrient Reference Value	
<b>NSAID</b>	non-steroidal anti-inflammatory drug	
<b>NSVT</b>	Non-Sustained Ventricular Tachycardia	
<b>NTI</b>	Non-Thyroidal Illness	
<b>NTIS</b>	Non-Thyroidal Illness Syndrome	
<b>O</b>		
<b>O</b>	Oxygen (chemical element)	<a href="#">CE</a>
<b>OAB</b>	Overactive Bladder	
<b>OAT</b>	Over-active Thyroid	








Abbr.	Meaning	
<b>OATP1 (OATP1C1, etc.)</b>	Organic Anion Transporting Polypeptides	
<b>od</b>	omni die (every day)	<a href="#">L</a>
<b>OGTT</b>	Oral Glucose Tolerance Test	<a href="#">T</a>
<b>OLS</b>	Own Label Supplier	
<b>om</b>	omni mane (every morning)	<a href="#">L</a>
<b>on</b>	omni nocte (every night)	<a href="#">L</a>
<b>OP</b>	Original Poster – of a question or post	
<b>OR</b>	Odds ratio	
<b>ORD</b>	Outer Ring Deiodination	
<b>OSA</b>	Obstructive Sleep Apnoea	
<b>OTC</b>	Over-the-counter medicine	
<b>oz</b>	Ounce (unit of weight or fluid)	
<b>P</b>		
<b>P</b>	Pharmacy-only medicine	
<b>P</b>	Phosphorus (chemical element)	<a href="#">CE</a>
<b>p</b>	pico- (unit prefix for trillionth, 1/1,000,000,000,000)	
<b>P</b>	Proline (an amino acid)	<a href="#">A</a>
<b>PA</b>	Pernicious Anaemia	
<b>PA</b>	Physician Assistant	
<b>PAC</b>	Premature Atrial Contractions	
<b>PAH</b>	Pulmonary Arterial Hypertension	
<b>PALS</b>	Patient Advice and Liaison Services	




Abbr.	Meaning	
<b>PAS</b>	Pernicious Anaemia Society <a href="https://pernicious-anaemia-society.org/">https://pernicious-anaemia-society.org/</a>	
<b>PBC</b>	Primary Biliary Cirrhosis	
<b>PC</b>	Parietal Cell	
<b>pc</b>	post cibe (after food)	<a href="#"><u>L</u></a>
<b>PCA</b>	Parietal Cell antibodies	<a href="#"><u>I</u></a>
<b>PCab</b>	Parietal Cell antibodies	<a href="#"><u>I</u></a>
<b>PCOS</b>	Polycystic ovary syndrome	
<b>PCP</b>	Primary Care Physician	
<b>PCR</b>	Polymerase Chain Reaction	
<b>PCT</b>	Primary Care Trust	
<b>PD</b>	Parkinson's Disease	
<b>PET</b>	Positron Emission Tomography	
<b>PF</b>	Plantar Fasciitis	
<b>pg</b>	picogram	
<b>Ph. Eur.</b>	European Pharmacopoeia <a href="https://www.edqm.eu/en/European-Pharmacopoeia-Background-Mission">https://www.edqm.eu/en/European-Pharmacopoeia-Background-Mission</a>	
<b>PHA</b>	Public Health Agency <a href="https://www.publichealth.hscni.net/">https://www.publichealth.hscni.net/</a>	
<b>Phe</b>	Phenylalanine (an amino acid)	<a href="#"><u>A</u></a>
<b>PHE</b>	Public Health England <a href="https://www.gov.uk/government/organisations/public-health-england">https://www.gov.uk/government/organisations/public-health-england</a>	
<b>PHS</b>	Public Health Scotland <a href="https://publichealthscotland.scot/">https://publichealthscotland.scot/</a>	
<b>PHW</b>	Public Health Wales <a href="https://phw.nhs.wales/">https://phw.nhs.wales/</a>	




Abbr.	Meaning	
<b>PIC</b>	Punctate Inner Choroidopathy	
<b>PIL</b>	Patient Information Leaflet	
<b>PKA</b>	Protein Kinase A	
<b>pL</b>	picolitre	
<b>PL</b>	Prolactin	<a href="#"><u>I</u></a>
<b>Platelet</b>	Platelet count is the number of platelets in a given volume of blood.	<a href="#"><u>I</u></a>
<b>PLP</b>	Pyridoxal Phosphate	
<b>PM</b>	Private Message	
<b>PMDD</b>	Premenstrual dysphoric disorder	
<b>pmol</b>	picomole	
<b>PMR</b>	Polymyalgia rheumatica	
<b>PND</b>	Post nasal drip	
<b>PND</b>	Post-natal depression	
<b>POM</b>	Prescription Only Medicine	
<b>PP</b>	Postpartum	
<b>PPD</b>	Postpartum Depression	
<b>PPI</b>	Proton Pump Inhibitor	
<b>PPT</b>	Postpartum Thyroiditis	
<b>PPT</b>	Postpartum Thyrotoxicosis	
<b>PRF</b>	Pulse Radio Frequency	
<b>PRL</b>	Prolactin	<a href="#"><u>I</u></a>
<b>prn</b>	pro re nata (when required)	<a href="#"><u>L</u></a>
<b>Pro</b>	Proline (an amino acid)	<a href="#"><u>A</u></a>
<b>PSVT</b>	Paroxysmal Supraventricular Tachycardia	
<b>PT</b>	Partial Thyroidectomy	
<b>Pt</b>	patient	
<b>PT</b>	Prothrombin Time	<a href="#"><u>I</u></a>

Abbr.	Meaning	
<b>PTC</b>	Papillary Thyroid Carcinoma	
<b>PTH</b>	Parathyroid Hormone	<a href="#">I</a>
<b>PTHC</b>	Peripheral Thyroid Hormone Conversion	
<b>PTSD</b>	Posttraumatic Stress Disorder	
<b>PTU</b>	Propylthiouracil	
<b>PVCS</b>	Premature ventricular contractions	
<b>PVFS</b>	Post Viral Fatigue Syndrome	
<b>PVN</b>	Paraventricular Nucleus	
<b>Px</b>	Prescription	<a href="#">X</a>
<b>PX</b>	Procedure Code	
<b>Px</b>	Prognosis	<a href="#">X</a>
<b>Q</b>		
<b>Q</b>	Glutamine (an amino acid)	<a href="#">A</a>
<b>QALY</b>	Quality-adjusted life year	
<b>qds</b>	quater die sumendum (four times daily)	<a href="#">L</a>
<b>qid</b>	quater in die (four times each day)	<a href="#">L</a>
<b>QOF</b>	Quality and Outcomes Framework	
<b>QOL</b>	Quality Of Life	
<b>qqh</b>	quarta quaque hora (every hour hours)	<a href="#">L</a>
<b>R</b>		
<b>R</b>	Arginine (an amino acid)	<a href="#">A</a>
<b>RA</b>	Rheumatoid Arthritis	
<b>RAI</b>	Radio-active Iodine (or I-131 or I-123)	
<b>RAIA</b>	Radio-active Iodine Ablation	
<b>RAIU</b>	Radio Active Iodine Uptake	<a href="#">I</a>
<b>RBC</b>	Red Blood Cell	
<b>RBC</b>	Red Blood Cell Count	<a href="#">I</a>



Abbr.	Meaning	
<b>RCC</b>	Red Cell Count	<a href="#">I</a>
<b>RCGP</b>	Royal College of General Practitioners <a href="https://www.rcgp.org.uk/">https://www.rcgp.org.uk/</a>	
<b>RCP</b>	Royal College of Physicians <a href="https://www.rcplondon.ac.uk/">https://www.rcplondon.ac.uk/</a>	
<b>RDW</b>	Red Cell Distribution Width	<a href="#">I</a>
<b>RF</b>	Rheumatoid Factor	<a href="#">I</a>
<b>RFA</b>	Radiofrequency ablation	
<b>RH</b>	Radical Hysterectomy	
<b>rhGH</b>	Recombinant human growth hormone	
<b>rhTSH</b>	Recombinant human TSH	
<b>RI</b>	Reference Interval	
<b>RIA</b>	Radio-active Iodine Ablation	
<b>RIA</b>	Radio-iodine assay	<a href="#">I</a>
<b>rINN</b>	Recommended International Non-proprietary Name	
<b>RLN</b>	Recurrent laryngeal nerve	
<b>RLQ</b>	Right Lower Quadrant	
<b>RMOC</b>	Regional Medicines Optimisation Committees	
<b>RNA</b>	ribonucleic acid	
<b>RR</b>	Reference Range	
<b>RRMS</b>	Relapsing-Remitting Multiple Sclerosis	
<b>rRNA</b>	Ribosomal RNA	
<b>rT3</b>	Reverse T3 3,3',5'-Triiodo-L-thyronine 3,3',5'-Triiodothyronine Reverse triiodothyronine	<a href="#">I</a>
<b>rT3S</b>	Reverse T3 Sulphate	
<b>RTH</b>	Resistance to Thyroid Hormone	


Abbr.	Meaning	
<b>RUQ</b>	Right Upper Quadrant	
<b>Rx</b>	Pharmacy	<a href="#"><u>X</u></a> <a href="#"><u>L</u></a>
<b>Rx</b>	Referral	<a href="#"><u>X</u></a>
<b>Rx or R̄</b>	Recipere; Prescription – “Take this”	<a href="#"><u>X</u></a>
<b>S</b>		
<b>S</b>	Serine (an amino acid)	<a href="#"><u>A</u></a>
<b>S</b>	Sulphur/Sulfur (chemical element)	<a href="#"><u>CE</u></a>
<b>SACDSC</b>	Subacute combined degeneration of spinal cord	
<b>SAD</b>	Seasonal Affective Disorder	
<b>SADC</b>	Subacute combined degeneration of spinal cord	
<b>SAH</b>	Subtotal Abdominal Hysterectomy	
<b>SAH</b>	Supracervical Abdominal Hysterectomy	
<b>SAMe</b>	S-Adenosyl-L-Methionine	
<b>SAR</b>	Subject Access Request	
<b>SARS</b>	Severe Acute Respiratory Syndrome	
<b>SARS-CoV-2</b>	Severe acute respiratory syndrome coronavirus 2	
<b>SAT</b>	Subacute Thyroiditis	
<b>SATs</b>	Oxygen saturation	
<b>SC</b>	Sub-clinical	
<b>SC</b>	Subcutaneous	
<b>Se</b>	Selenium (chemical element)	<a href="#"><u>I</u></a> <a href="#"><u>CE</u></a>
<b>Se</b>	Serum	
<b>Ser</b>	Serine (an amino acid)	<a href="#"><u>A</u></a>
<b>SERM</b>	Selective Estrogen Receptor Modulator	
<b>SFN</b>	Small Fibre Neuropathy	



Abbr.	Meaning	
<b>SHBG</b>	Sex hormone-binding globulin	
<b>SI</b>	Self Injection	
<b>SI</b>	Stress Incontinence	
<b>SIBO</b>	Small Intestinal Bacterial Overgrowth	
<b>SLE</b>	Systemic Lupus Erythematosus	
<b>SLS</b>	Sodium lauryl sulfate	
<b>SMA</b>	Anti-Smooth Muscle Antibody	<a href="#">I</a>
<b>SMC</b>	Scottish Medicines Consortium <a href="https://www.scottishmedicines.org.uk/">https://www.scottishmedicines.org.uk/</a>	
<b>SmPC</b>	Summary of Product Characteristics	
<b>SNP</b>	Single-nucleotide polymorphism	
<b>SNRI</b>	Serotonin–norepinephrine reuptake inhibitor	
<b>SO2 / SO<sub>2</sub></b>	Oxygen saturation	
<b>SPC</b>	Summary of Product Characteristics	
<b>SPECT</b>	Single Positron Emission Computed Tomography	
<b>SQ</b>	Subcutaneous	
<b>SR</b>	Sustained Release / Slow Release	
<b>SREAT</b>	Steroid-Responsive Encephalopathy with Associated Thyroiditis	
<b>ss</b>	Abbreviation for the Latin “semis” meaning “half”	<a href="#">L</a>
<b>SS</b>	Sjögren’s syndrome	
<b>SSP</b>	Serious shortage protocol	
<b>SSRI</b>	Selective Serotonin Re-uptake Inhibitor	
<b>SST</b>	Short Synacthen Test	
<b>ST</b>	Silent Thyroiditis	
<b>stat</b>	Statim (immediately)	<a href="#">L</a>
<b>STN</b>	Solitary Thyroid Nodule	




Abbr.	Meaning	
<b>SVT</b>	Supraventricular Tachycardia	
<b>Sx</b>	Surgery	<a href="#">X</a>
<b>Sx (sxs)</b>	Symptom (symptoms)	<a href="#">X</a>
<b>Synacthen</b>	Synthetic analogue of adrenocorticotrophic hormone (ACTH).	<a href="#">T</a>
<b>T</b>		
<b>T</b>	Threonine (an amino acid)	<a href="#">A</a>
<b>T</b>	thymine nucleobase (DNA)	
<b>T0AM</b>	Thyronamine	
<b>T1</b>	3'-T1, 4732-82-5, L-Tyrosine, O-(4-hydroxy-3-iodophenyl)-, 3'-Iodothyronine, O-(4-hydroxy-3-iodophenyl)-L-tyrosine	
<b>T1DM</b>	Type 1 Diabetes Mellitus	
<b>T2</b>	3,3'-Diiodothyronine, 3,3'-Diiodo-L-thyronine, 3,3'-DEIODO-THYROXINE, O-(4-Hydroxy-3-iodophenyl)-3-iodo-L-tyrosine	
<b>T2DM</b>	Type 2 Diabetes Mellitus	
<b>T3</b>	Liothyronine (as a medicine) Tri-iodo-thyronine (as the hormone) 3,3',5-Triiodo-L-thyronine	
<b>T3L</b>	T3 libre (Free T3)	
<b>T3S</b>	T3 Sulphate	
<b>T4</b>	Levothyroxine/thyroxine/tetra-iodothyronine	
<b>T4L</b>	T4 libre (Free T4)	
<b>T4S</b>	T4 Sulphate	
<b>T7</b>	Free Thyroxine Index (aka FTI)	 <a href="#">T</a>
<b>TAH</b>	Total Abdominal Hysterectomy	




Abbr.	Meaning	
<b>TAH-BSO</b>	Total Abdominal Hysterectomy with Bilateral Salpingo-Oophorectomy	
<b>TAMs</b>	Thyronamines	
<b>TANZ</b>	Thyroid Association of New Zealand <a href="http://www.thyroidnz.org/tanz.php">http://www.thyroidnz.org/tanz.php</a>	
<b>TAO</b>	Thyroid-associated Orbitopathy (Graves' orbitopathy, thyroid eye disease)	
<b>TATT</b>	Tired All The Time	
<b>TBAbs</b>	Thyroid-blocking antibodies	<a href="#">I</a>
<b>TBG</b>	Thyroid Binding Globulin	<a href="#">I</a>
<b>TBI</b>	Thyroxine-binding index	<a href="#">I</a>
<b>TBII</b>	Thyrotrophin Binding Inhibiting Immunoglobulin	<a href="#">I</a>
<b>TBPA</b>	Thyroxine-Binding Prealbumin – (more commonly called Transthyretin)	<a href="#">I</a>
<b>TBS</b>	Trabecular bone score	<a href="#">I</a>
<b>TCM</b>	Traditional Chinese Medicine	
<b>TdP</b>	Torsades de Pointes	
<b>tds</b>	ter die sumendum (three times a day)	<a href="#">L</a>
<b>TED</b>	Thyroid Eye Disease	
<b>TEDct</b>	Thyroid Eye Disease charitable trust <a href="http://tedct.org.uk/">http://tedct.org.uk/</a>	
<b>TETRAC</b>	Tetraiodothyroacetic acid	
<b>TFT</b>	Thyroid Function Test	<a href="#">I</a>
<b>TG</b>	Thyroglobulin	<a href="#">I</a>
<b>TG</b>	Triglycerides	<a href="#">I</a>
<b>TGAb</b>	Thyroglobulin antibodies	<a href="#">I</a>
<b>TGF</b>	Transforming Growth Factors $\beta$	<a href="#">I</a>
<b>TGI</b>	Thyroid Growth-stimulating Immunoglobulin	<a href="#">I</a>
<b>THBP</b>	Thyroid Hormone Binding Protein	<a href="#">I</a>

Abbr.	Meaning	
<b>THBR</b>	Thyroid Hormone Binding Ratio	<a href="#">I</a>
<b>THF</b>	tetrahydrofolate	
<b>Thr</b>	Threonine (an amino acid)	<a href="#">A</a>
<b>THR</b>	Thyroid Hormone Receptor	
<b>THR</b>	Thyroid Hormone Resistance	
<b>ThyCa</b>	Thyroid Cancer – which can occur in several forms such as: Papillary, Follicular, Medullary, Anaplastic	
<b>TIA</b>	Transient Ischaemic Attack	
<b>TIBC</b>	Total Iron-Binding Capacity	<a href="#">I</a>
<b>tid</b>	ter in die (three times daily)	<a href="#">L</a>
<b>TLA</b>	Three Letter Abbreviation	
<b>TMJ</b>	Temporomandibular Joint	
<b>TMNG</b>	Toxic Multinodular Goitre	
<b>TN</b>	Trigeminal Neuralgia	
<b>TNF</b>	Tumour necrosis factor	<a href="#">I</a>
<b>TPC</b>	Thyroid Patients Canada <a href="https://thyroidpatients.ca/">https://thyroidpatients.ca/</a>	
<b>TPEX</b>	TPOAb sometimes referred to as anti-thyroid peroxidase antibodies (TPEX).	<a href="#">I</a>
<b>TPO</b>	Thyroid Peroxidase	
<b>TPOab</b>	Thyroid Peroxidase antibodies	<a href="#">I</a>
<b>TR</b>	Thyroid Receptor	
<b>TR-α1</b> <b>TR-α2</b> <b>TR-α3</b>	Thyroid receptor alpha 1 to 3	
<b>TR-β1</b> <b>TR-β2</b> <b>TR-β3</b>	Thyroid receptor beta 1 to 3	
<b>TRAb</b>	TSH Receptor Antibodies	<a href="#">I</a>

Abbr.	Meaning	
<b>TRAMP</b>	Thyroid Regional Assessment and Management Plan	
<b>TRH</b>	Thyrotropin Releasing Hormone	<a href="#">I</a>
<b>TRIAC</b>	Triiodothyroacetic Acid (also called tiratricol)	
<b>Trp</b>	Tryptophan (an amino acid)	<a href="#">A</a>
<b>TR<math>\alpha</math></b>	Thyroid Hormone Receptor alpha	
<b>TR<math>\beta</math></b>	Thyroid Hormone Receptor beta	
<b>TSab</b>	Thyroid Stimulating antibodies	<a href="#">I</a>
<b>TSH</b>	Thyroid Stimulating Hormone	<a href="#">I</a>
<b>TSH-R</b>	TSH Receptor	
<b>TSHI</b>	Jostel's TSH index (aka JTI)	
<b>TSHR-Ab</b>	Thyrotropin-Receptor antibody	<a href="#">I</a>
<b>TSI</b>	Thyroid Stimulating Immunoglobulin	<a href="#">I</a>
<b>TT</b>	Total Thyroidectomy	
<b>TT3</b>	Total T3	<a href="#">I</a>
<b>TT4</b>	Total T4	<a href="#">I</a>
<b>TTC</b>	Trying To Conceive	
<b>tTGA</b>	Tissue transglutaminase antibody	<a href="#">I</a>
<b>TTR</b>	Transthyretin	
<b>TUK</b>	Thyroid UK <a href="https://thyroiduk.org/">https://thyroiduk.org/</a>	
<b>TVH</b>	Total Vaginal Hysterectomy	
<b>Tx</b>	Traction	<a href="#">X</a>
<b>Tx</b>	Transplant	<a href="#">X</a>
<b>Tx</b>	Treatment	<a href="#">X</a>
<b>Tyr</b>	Tyrosine (an amino acid)	<a href="#">A</a>
<b>U</b>		
<b>U</b>	International Unit	

Abbr.	Meaning	
<b>U</b>	uracil nucleobase (RNA)	
<b>U&amp;E</b>	Urea and Electrolytes	<a href="#">I</a>
<b>UAT</b>	Under-Active Thyroid	
<b>UCTD</b>	Undifferentiated connective tissue disease	
<b>ug</b>	microgram	
<b>UIC</b>	Urinary Iodine Concentration	<a href="#">I</a>
<b>UKAS</b>	United Kingdom Accreditation Service <a href="https://www.ukas.com/">https://www.ukas.com/</a>	
<b>US</b>	Ultrasound	
<b>USO</b>	Unilateral Salpingo-Oophorectomy	
<b>USP</b>	U.S. Pharmacopeia <a href="https://www.usp.org/">https://www.usp.org/</a>	
<b>USS</b>	Ultra sound scan	
<b>UTA</b>	Upper Thyroid Artery	
<b>UTI</b>	Urinary tract infection	
<b>V</b>		
<b>V</b>	Valine (an amino acid)	<a href="#">A</a>
<b>Val</b>	Valine (an amino acid)	<a href="#">A</a>
<b>VDR</b>	Vitamin D Receptor	
<b>VMA</b>	Vanillylmandelic acid	
<b>VR</b>	valeurs de reference (reference range)	
<b>vWF</b>	Von Willebrand Factor	<a href="#">I</a>
<b>Vx</b>	Vaccine	<a href="#">X</a>
<b>W</b>		
<b>W</b>	Tryptophan (an amino acid)	<a href="#">A</a>
<b>WAT</b>	White Adipose Tissue	
<b>WBC</b>	White Blood Cell	

Abbr.	Meaning
<b>WBC</b>	White Blood Cell Count <a href="#">I</a>
<b>WBS</b>	Whole Body Scan
<b>WHO</b>	World Health Organization <a href="https://www.who.int/">https://www.who.int/</a> 
<b>WNL</b>	Within Normal Limits
<b>wt</b>	Weight
<b>X</b>	
<b>XR</b>	Extended Release
<b>Y</b>	
<b>Y</b>	Tyrosine (an amino acid) <a href="#">A</a>
<b>YE</b>	Yersinia enterocolitica
<b>Z</b>	
<b>Zn</b>	Zinc (chemical element) <a href="#">CE</a>
<b>3</b>	
<b>3</b>	Drachm (Apothecaries' measure)
<b>μ</b>	
<b>μg</b>	microgram
<b>μL</b>	microlitre
<b>μmol</b>	micromole

Many terms link to further details within this document:

[A](#) Amino acids; [CE](#) Chemical elements; [L](#) Latin and other prescription language  
[I](#) Tests & LabTestsOnline; [V](#) Vitamins; [X](#) X-code terms

# Amino Acids

Amino acids are fundamental constituents of proteins – including genetic material such as DNA and RNA.

This is a list of the amino acids found in humans, which includes their standard three- and one-letter abbreviations. The amino acid names link to entries in Wikipedia for each amino acid. The nine essential amino acids are identified.

Amino acid	Letter code 3	Letter code 1	Essential/ Semi- essential
<a href="#">Alanine</a>	Ala	A	
<a href="#">Arginine</a>	Arg	R	S
<a href="#">Asparagine</a>	Asn	N	
<a href="#">Aspartic acid</a>	Asp	D	
<a href="#">Cysteine</a>	Cys	C	S
<a href="#">Glutamine</a>	Gln	Q	
<a href="#">Glutamic acid</a>	Glu	E	
<a href="#">Glycine</a>	Gly	G	
<a href="#">Histidine</a>	His	H	E
<a href="#">Isoleucine</a>	Ile	I	E
<a href="#">Leucine</a>	Leu	L	E
<a href="#">Lysine</a>	Lys	K	E
<a href="#">Methionine</a>	Met	M	E
<a href="#">Phenylalanine</a>	Phe	F	E
<a href="#">Proline</a>	Pro	P	
<a href="#">Serine</a>	Ser	S	
<a href="#">Threonine</a>	Thr	T	E
<a href="#">Tryptophan</a>	Trp	W	E
<a href="#">Tyrosine</a>	Tyr	Y	S
<a href="#">Valine</a>	Val	V	E

# Antibodies

A list of antibodies commonly mentioned in relation to thyroid disease and a few related disorders.

For many years, antibody names started “anti” followed by the substance/cell type they attach to. However, that resulted in unnecessarily long and sometimes confusing names. More recently, that has widely been dropped.

Antibodies are sometimes called Immunoglobulins as that is the protein structure they have.

Although there are associations between antibodies and the various diseases, some antibodies occur in several disorders. For that reason, this is a simple list.

Heterophile antibodies react to external antigens but may also cross-react with self-antigens.

Several antibodies are known to interfere with some blood tests.

Name	Abbreviations	Note
<b>Heterophile antibodies</b>		Antibodies against external antigens - may also cross-react with self-antigens. Can cause test interference.
<b>Human Anti Mouse Antibodies</b>	HAMA	Against mouse tissues. Can cause test interference.
<b>Intrinsic Factor</b>	IFA or IFab	
<b>Parathyroid Hormone</b>	PTHab	
<b>Parietal Cell Gastric Parietal Cell</b>	PCA, PCab, GPCA, GPCab	
<b>Thyroglobulin</b>	TGab	
<b>Thyroid Peroxidase Microsomal antigen</b>	TPOab	
<b>Thyroid Stimulating Hormone</b>	TSHab	Can cause test interference.

Name	Abbreviations	Note
<b>Thyroxine T4</b>	T4ab	Can cause test interference.
<b>Tissue Transglutaminase</b>	TTG, TTGab, ATTGA, ATTGab	
<b>Triiodothyronine T3</b>	T3ab	Can cause test interference.
<b>TSH receptor Thyrotropin receptor</b>	TSHRab TRab	Found in three forms: Stimulating, Blocking and Neutral
<b>Stimulating TSH receptor</b>	TSI	
<b>Thyroid Stimulating Immunoglobulin</b>		
<b>Blocking TSH receptor</b>	TBII TBAb	
<b>Thyroid-blocking immunoglobulin</b>	TBab	
<b>Thyrotropin binding inhibiting immunoglobulin</b>		
<b>Neutral TSH receptor</b>		



# Elements

The chemical elements shown in the Periodic Table followed by lists of the principle chemical elements with hyperlinks to Wikipedia articles for each element. Ordering their symbols and by name.

## Periodic Table

A simple version of the Periodic Table of the Elements.

Periodic Table Of The Elements

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1 <b>H</b> Hydrogen 1.008																	2 <b>He</b> Helium 4.003
3 <b>Li</b> Lithium 6.941	4 <b>Be</b> Beryllium 9.012															9 <b>F</b> Fluorine 18.998	10 <b>Ne</b> Neon 20.180
5 <b>B</b> Boron 10.811	6 <b>C</b> Carbon 12.011	7 <b>N</b> Nitrogen 14.007	8 <b>O</b> Oxygen 15.999	9 <b>F</b> Fluorine 18.998	10 <b>Ne</b> Neon 20.180											17 <b>Cl</b> Chlorine 35.453	18 <b>Ar</b> Argon 39.948
13 <b>Al</b> Aluminum 26.982	14 <b>Si</b> Silicon 28.086	15 <b>P</b> Phosphorus 30.974	16 <b>S</b> Sulfur 32.065	17 <b>Cl</b> Chlorine 35.453	18 <b>Ar</b> Argon 39.948												
19 <b>K</b> Potassium 39.098	20 <b>Ca</b> Calcium 40.078	21 <b>Sc</b> Scandium 44.956	22 <b>Ti</b> Titanium 47.867	23 <b>V</b> Vanadium 50.942	24 <b>Cr</b> Chromium 51.996	25 <b>Mn</b> Manganese 54.938	26 <b>Fe</b> Iron 55.845	27 <b>Co</b> Cobalt 58.933	28 <b>Ni</b> Nickel 58.693	29 <b>Cu</b> Copper 63.546	30 <b>Zn</b> Zinc 65.38	31 <b>Ga</b> Gallium 69.723	32 <b>Ge</b> Germanium 72.631	33 <b>As</b> Arsenic 74.922	34 <b>Se</b> Selenium 78.971	35 <b>Br</b> Bromine 79.904	36 <b>Kr</b> Krypton 83.798
37 <b>Rb</b> Rubidium 85.468	38 <b>Sr</b> Strontium 87.62	39 <b>Y</b> Yttrium 88.906	40 <b>Zr</b> Zirconium 91.224	41 <b>Nb</b> Niobium 92.906	42 <b>Mo</b> Molybdenum 95.94	43 <b>Tc</b> Technetium 98.906	44 <b>Ru</b> Ruthenium 101.07	45 <b>Rh</b> Rhodium 102.905	46 <b>Pd</b> Palladium 106.42	47 <b>Ag</b> Silver 107.868	48 <b>Cd</b> Cadmium 112.414	49 <b>In</b> Indium 114.818	50 <b>Sn</b> Tin 118.711	51 <b>Sb</b> Antimony 121.757	52 <b>Te</b> Tellurium 127.6	53 <b>I</b> Iodine 126.905	54 <b>Xe</b> Xenon 131.29
55 <b>Cs</b> Cesium 132.905	56 <b>Ba</b> Barium 137.328	57-71 Lanthanoids	72 <b>Hf</b> Hafnium 178.49	73 <b>Ta</b> Tantalum 180.948	74 <b>W</b> Tungsten 183.84	75 <b>Re</b> Rhenium 186.207	76 <b>Os</b> Osmium 190.23	77 <b>Ir</b> Iridium 192.22	78 <b>Pt</b> Platinum 195.085	79 <b>Au</b> Gold 196.967	80 <b>Hg</b> Mercury 200.597	81 <b>Tl</b> Thallium 204.383	82 <b>Pb</b> Lead 207.2	83 <b>Bi</b> Bismuth 208.980	84 <b>Po</b> Polonium [209]	85 <b>At</b> Astatine [210]	86 <b>Rn</b> Radon [222]
87 <b>Fr</b> Francium [223]	88 <b>Ra</b> Radium [226]	89-103 Actinoids	104 <b>Rf</b> Rutherfordium [261]	105 <b>Db</b> Dubnium [262]	106 <b>Sg</b> Seaborgium [266]	107 <b>Bh</b> Bohrium [264]	108 <b>Hs</b> Hassium [269]	109 <b>Mt</b> Meitnerium [268]	110 <b>Ds</b> Darmstadtium [271]	111 <b>Rg</b> Roentgenium [272]	112 <b>Cn</b> Copernicium [285]	113 <b>Nh</b> Nihonium [286]	114 <b>Fl</b> Flerovium [289]	115 <b>Mc</b> Moscovium [289]	116 <b>Lv</b> Livermorium [293]	117 <b>Ts</b> Tennessine [294]	118 <b>Og</b> Oganesson [294]

Number	Symbol	Name	Atomic Mass
--------	--------	------	-------------

57 <b>La</b> Lanthanum 138.905	58 <b>Ce</b> Cerium 140.116	59 <b>Pr</b> Praseodymium 140.908	60 <b>Nd</b> Neodymium 144.242	61 <b>Pm</b> Promethium [145]	62 <b>Sm</b> Samarium 150.36	63 <b>Eu</b> Europium 151.964	64 <b>Gd</b> Gadolinium 157.25	65 <b>Tb</b> Terbium 158.925	66 <b>Dy</b> Dysprosium 162.50	67 <b>Ho</b> Holmium 164.930	68 <b>Er</b> Erbium 167.259	69 <b>Tm</b> Thulium 168.934	70 <b>Yb</b> Ytterbium 173.055	71 <b>Lu</b> Lutetium 174.967
89 <b>Ac</b> Actinium 227.028	90 <b>Th</b> Thorium 232.038	91 <b>Pa</b> Protactinium 231.036	92 <b>U</b> Uranium 238.029	93 <b>Np</b> Neptunium 237.048	94 <b>Pu</b> Plutonium 244.064	95 <b>Am</b> Americium 243.061	96 <b>Cm</b> Curium 247.070	97 <b>Bk</b> Berkelium 247.070	98 <b>Cf</b> Californium 251.080	99 <b>Es</b> Einsteinium [254]	100 <b>Fm</b> Fermium [257]	101 <b>Md</b> Mendelevium 258.1	102 <b>No</b> Nobelium 259.101	103 <b>Lr</b> Lawrencium [262]

©2019 DeDeMedia AG

Alkali Metal	Alkaline Earth	Transition Metal	Basic Metal	Metalloid	Nonmetal	Halogen	Noble Gas	Lanthanoid	Actinoid
--------------	----------------	------------------	-------------	-----------	----------	---------	-----------	------------	----------

# Elements by Symbol

Symbol	Name
Ac	<a href="#">Actinium</a>
Ag	<a href="#">Silver</a>
Al	<a href="#">Aluminium</a>
Am	<a href="#">Americium</a>
Ar	<a href="#">Argon</a>
As	<a href="#">Arsenic</a>
At	<a href="#">Astatine</a>
Au	<a href="#">Gold</a>
B	<a href="#">Boron</a>
Ba	<a href="#">Barium</a>
Be	<a href="#">Beryllium</a>
Bi	<a href="#">Bismuth</a>
Bk	<a href="#">Berkelium</a>
Br	<a href="#">Bromine</a>
C	<a href="#">Carbon</a>
Ca	<a href="#">Calcium</a>
Cd	<a href="#">Cadmium</a>
Ce	<a href="#">Cerium</a>
Cf	<a href="#">Californium</a>
Cl	<a href="#">Chlorine</a>
Cm	<a href="#">Curium</a>
Co	<a href="#">Cobalt</a>
Cr	<a href="#">Chromium</a>
Cs	<a href="#">Caesium</a>
Cu	<a href="#">Copper</a>
Dy	<a href="#">Dysprosium</a>
Er	<a href="#">Erbium</a>
Es	<a href="#">Einsteinium</a>
Eu	<a href="#">Europium</a>
F	<a href="#">Fluorine</a>
Fe	<a href="#">Iron</a>
Fm	<a href="#">Fermium</a>
Fr	<a href="#">Francium</a>
Ga	<a href="#">Gallium</a>

Symbol	Name
Gd	<a href="#">Gadolinium</a>
Ge	<a href="#">Germanium</a>
H	<a href="#">Hydrogen</a>
He	<a href="#">Helium</a>
Hf	<a href="#">Hafnium</a>
Hg	<a href="#">Mercury</a>
Ho	<a href="#">Holmium</a>
I	<a href="#">Iodine</a>
In	<a href="#">Indium</a>
Ir	<a href="#">Iridium</a>
K	<a href="#">Potassium</a>
Kr	<a href="#">Krypton</a>
La	<a href="#">Lanthanum</a>
Li	<a href="#">Lithium</a>
Lu	<a href="#">Lutetium</a>
Md	<a href="#">Mendelevium</a>
Mg	<a href="#">Magnesium</a>
Mn	<a href="#">Manganese</a>
Mo	<a href="#">Molybdenum</a>
N	<a href="#">Nitrogen</a>
Na	<a href="#">Sodium</a>
Nb	<a href="#">Niobium</a>
Nd	<a href="#">Neodymium</a>
Ne	<a href="#">Neon</a>
Ni	<a href="#">Nickel</a>
No	<a href="#">Nobelium</a>
Np	<a href="#">Neptunium</a>
O	<a href="#">Oxygen</a>
Os	<a href="#">Osmium</a>
P	<a href="#">Phosphorus</a>
Pa	<a href="#">Protactinium</a>
Pb	<a href="#">Lead</a>
Pd	<a href="#">Palladium</a>
Pm	<a href="#">Promethium</a>
Po	<a href="#">Polonium</a>

Symbol	Name
Pr	<a href="#">Praseodymium</a>
Pt	<a href="#">Platinum</a>
Pu	<a href="#">Plutonium</a>
Ra	<a href="#">Radium</a>
Rb	<a href="#">Rubidium</a>
Re	<a href="#">Rhenium</a>
Rh	<a href="#">Rhodium</a>
Rn	<a href="#">Radon</a>
Ru	<a href="#">Ruthenium</a>
S	<a href="#">Sulfur</a>
Sb	<a href="#">Antimony</a>
Sc	<a href="#">Scandium</a>
Se	<a href="#">Selenium</a>
Si	<a href="#">Silicon</a>
Sm	<a href="#">Samarium</a>
Sn	<a href="#">Tin</a>
Sr	<a href="#">Strontium</a>
Ta	<a href="#">Tantalum</a>
Tb	<a href="#">Terbium</a>
Tc	<a href="#">Technetium</a>
Te	<a href="#">Tellurium</a>
Th	<a href="#">Thorium</a>
Ti	<a href="#">Titanium</a>
Tl	<a href="#">Thallium</a>
Tm	<a href="#">Thulium</a>
U	<a href="#">Uranium</a>
V	<a href="#">Vanadium</a>
W	<a href="#">Tungsten</a>
Xe	<a href="#">Xenon</a>
Y	<a href="#">Yttrium</a>
Yb	<a href="#">Ytterbium</a>
Zn	<a href="#">Zinc</a>
Zr	<a href="#">Zirconium</a>

Elements by Name

Name	Symbol
<a href="#">Actinium</a>	Ac
<a href="#">Aluminium</a>	Al
<a href="#">Americium</a>	Am
<a href="#">Antimony</a>	Sb
<a href="#">Argon</a>	Ar
<a href="#">Arsenic</a>	As
<a href="#">Astatine</a>	At
<a href="#">Barium</a>	Ba
<a href="#">Berkelium</a>	Bk
<a href="#">Beryllium</a>	Be
<a href="#">Bismuth</a>	Bi
<a href="#">Boron</a>	B
<a href="#">Bromine</a>	Br
<a href="#">Cadmium</a>	Cd
<a href="#">Caesium</a>	Cs
<a href="#">Calcium</a>	Ca
<a href="#">Californium</a>	Cf
<a href="#">Carbon</a>	C
<a href="#">Cerium</a>	Ce
<a href="#">Chlorine</a>	Cl
<a href="#">Chromium</a>	Cr
<a href="#">Cobalt</a>	Co
<a href="#">Copper</a>	Cu
<a href="#">Curium</a>	Cm
<a href="#">Dysprosium</a>	Dy
<a href="#">Einsteinium</a>	Es
<a href="#">Erbium</a>	Er
<a href="#">Europium</a>	Eu
<a href="#">Fermium</a>	Fm
<a href="#">Fluorine</a>	F
<a href="#">Francium</a>	Fr
<a href="#">Gadolinium</a>	Gd
<a href="#">Gallium</a>	Ga
<a href="#">Germanium</a>	Ge

Name	Symbol
<a href="#">Gold</a>	Au
<a href="#">Hafnium</a>	Hf
<a href="#">Helium</a>	He
<a href="#">Holmium</a>	Ho
<a href="#">Hydrogen</a>	H
<a href="#">Indium</a>	In
<a href="#">Iodine</a>	I
<a href="#">Iridium</a>	Ir
<a href="#">Iron</a>	Fe
<a href="#">Krypton</a>	Kr
<a href="#">Lanthanum</a>	La
<a href="#">Lead</a>	Pb
<a href="#">Lithium</a>	Li
<a href="#">Lutetium</a>	Lu
<a href="#">Magnesium</a>	Mg
<a href="#">Manganese</a>	Mn
<a href="#">Mendelevium</a>	Md
<a href="#">Mercury</a>	Hg
<a href="#">Molybdenum</a>	Mo
<a href="#">Neodymium</a>	Nd
<a href="#">Neon</a>	Ne
<a href="#">Neptunium</a>	Np
<a href="#">Nickel</a>	Ni
<a href="#">Niobium</a>	Nb
<a href="#">Nitrogen</a>	N
<a href="#">Nobelium</a>	No
<a href="#">Osmium</a>	Os
<a href="#">Oxygen</a>	O
<a href="#">Palladium</a>	Pd
<a href="#">Phosphorus</a>	P
<a href="#">Platinum</a>	Pt
<a href="#">Plutonium</a>	Pu
<a href="#">Polonium</a>	Po
<a href="#">Potassium</a>	K
<a href="#">Praseodymium</a>	Pr

Name	Symbol
<a href="#">Promethium</a>	Pm
<a href="#">Protactinium</a>	Pa
<a href="#">Radium</a>	Ra
<a href="#">Radon</a>	Rn
<a href="#">Rhenium</a>	Re
<a href="#">Rhodium</a>	Rh
<a href="#">Rubidium</a>	Rb
<a href="#">Ruthenium</a>	Ru
<a href="#">Samarium</a>	Sm
<a href="#">Scandium</a>	Sc
<a href="#">Selenium</a>	Se
<a href="#">Silicon</a>	Si
<a href="#">Silver</a>	Ag
<a href="#">Sodium</a>	Na
<a href="#">Strontium</a>	Sr
<a href="#">Sulfur</a>	S
<a href="#">Tantalum</a>	Ta
<a href="#">Technetium</a>	Tc
<a href="#">Tellurium</a>	Te
<a href="#">Terbium</a>	Tb
<a href="#">Thallium</a>	Tl
<a href="#">Thorium</a>	Th
<a href="#">Thulium</a>	Tm
<a href="#">Tin</a>	Sn
<a href="#">Titanium</a>	Ti
<a href="#">Tungsten</a>	W
<a href="#">Uranium</a>	U
<a href="#">Vanadium</a>	V
<a href="#">Xenon</a>	Xe
<a href="#">Ytterbium</a>	Yb
<a href="#">Yttrium</a>	Y
<a href="#">Zinc</a>	Zn
<a href="#">Zirconium</a>	Zr

# Human Hormones

List of many Human Hormones ordered by the principal organs in which they are formed.

Each hormone links to the corresponding article on the **You and your Hormones** website from **The Society for Endocrinology** (UK) – where available.

<https://www.yourhormones.info/hormones>

As appropriate, a specific part of the organ of formation is identified.

Many hormones are made in more than one organ. This table is not complete in terms of identifying everywhere that each hormone is formed.

<i>Abbreviation</i>	<i>Name(s)</i>	<i>Link</i>
<b>Adipose tissue (fat cells)</b>		
<b>LEP</b>	Leptin	<a href="#">leptin</a>
<b>Acrp30</b> <b>GBP-28</b> <b>apM1</b> <b>AdipoQ</b>	Adiponectin	
	Oestrone	<a href="#">oestrone</a>
<b>Adrenal gland</b>		
<i>Cortex: Zona Glomerulosa (outermost layer)</i>		
	Mineralocorticoids: Aldosterone	<a href="#">aldosterone</a>
<i>Cortex: Zona Fasciculata (middle layer)</i>		
	Glucocorticoids: Cortisol Hydrocortisone	<a href="#">cortisol</a>
<i>Cortex: Zona Reticularis (innermost layer)</i>		
<b>DHEA</b> <b>DHEA-S</b>	Androgens: Dehydroepiandrosterone Androstenedione DHEA-sulfate	
<b>T</b> <b>TST</b>	Testosterone 4-androsten-17β-ol-3-one	<a href="#">testosterone</a>
<i>Medulla</i>		

<i>Abbreviation</i>	<i>Name(s)</i>	<i>Link</i>
<b>EPI</b>	Adrenalin Epinephrine	<a href="#"><u>adrenaline</u></a>
<b>NE</b>	Noradrenalin Norepinephrine	
<b>DA</b>	Dopamine	
<b>Cerebral Cortex</b>		
<b>CORT</b>	Cortistatin	
<b>Brain</b>		
<b>CCK</b> <b>CCK-PZ.</b>	Cholecystokinin	<a href="#"><u>cholecystokinin</u></a>
<b>Embryo/Foetus/Placenta</b>		
<i>Placenta</i>		
E <sub>3</sub>	Oestriol	<a href="#"><u>oestriol</u></a>
<i>Cells surrounding foetus</i>		
<b>hCG</b>	Human chorionic gonadotrophin	<a href="#"><u>human-chorionic-gonadotrophin</u></a>
<b>HPL</b>	Human placental lactogen	
<i>Trophoblasts</i>		
Inhibin		
<i>Testes (male)</i>		
<b>AMH</b> <b>MIF</b> <b>MIH</b>	Anti-Müllerian hormone	<a href="#"><u>anti-mullerian-hormone</u></a>
<b>Heart</b>		
<b>ANP</b>	Atrial natriuretic peptide Atriopeptin	
<b>BNP</b>	Brain natriuretic peptide	
<b>Hypothalamus</b>		

<b>Abbreviation</b>	<b>Name(s)</b>	<b>Link</b>
<b>GHRH</b> <b>GHRF</b>	Growth ddd-releasing hormone Growth hormone-releasing factor	<a href="#">growth-hormone-releasing-hormone</a>
	Kisspeptin	<a href="#">kisspeptin</a>
<b>GnRH</b> <b>LHRH</b>	Gonadotrophin-Releasing Hormone Gonadotropin-releasing hormone Luliberin Luteinising-hormone-releasing hormone	<a href="#">gonadotrophin-releasing-hormone</a>
<b>DA</b>	Dopamine	
<i>Paraventricular nucleus</i>		
<b>CRH</b> <b>CRF</b>	Corticotrophin-Releasing Hormone Corticotropin-releasing hormone Corticotrophin-releasing factor Corticotropin-releasing factor Corticoliberin	<a href="#">corticotrophin-releasing-hormone</a>
<b>TRH</b>	Thyrotropin Releasing Hormone Thyrotrophin-releasing hormone	<a href="#">thyrotropin-releasing-hormone</a>
<b>Kidney</b>		
<i>Extraglomerular mesangial cells</i>		
<i>Interstitial cells</i>		
<b>EPO</b>	Erythropoietin Haematopoietin	<a href="#">erythropoietin</a>
	Calcitriol (1,25-dihydroxyvitamin D) Ergocalciferol (vitamin D2) Cholecalciferol (vitamin D3) Calcidiol (25-hydroxyvitamin D)	<a href="#">vitamin-d</a>
<i>Chromaffin cells</i>		
	Enkephalin	

<i>Abbreviation</i>	<i>Name(s)</i>	<i>Link</i>
<i>Entero-Chromaffin cells</i>		
<b>UGN</b>	Uroguanylin	
<b>Liver</b>		
<b>HAMP</b>	Hepcidin	
<i>Hepatocytes</i>		
<b>IGF</b>	Insulin-like growth factor Somatomedin	
<b>Liver &amp; kidney</b>		
<b>AGT</b>	Angiotensin I–IV & Angiotensinogen	<a href="#">angiotensin</a>
<b>Ovary (women only)</b>		
<b>E<sub>2</sub></b>	Oestradiol	<a href="#">oestradiol</a>
<b>E<sub>3</sub></b>	Oestriol	<a href="#">oestriol</a>
	Oestrone	<a href="#">oestrone</a>
	Androstenedione Andro andros 4-Androstenedione 17 ketotestosterone 4-androsten-3,17-dione	DHEA-S <a href="#">androstenedione</a> DHT
<b>PRO</b> <b>PRG</b>	Progesterone Progestogen	<a href="#">progesterone</a>
<b>T</b> <b>TST</b>	Testosterone	<a href="#">testosterone</a>
<b>DH</b>	Dihydrotestosterone	<a href="#">dihydrotestosterone</a>
<b>DHEA</b>	Dehydroepiandrosterone	<a href="#">dehydroepiandrosterone</a>
<i>Corpus luteum</i>		
<b>RLN</b>	Relaxin	<a href="#">relaxin</a>
<i>Granulosa cells</i>		

<i>Abbreviation</i>	<i>Name(s)</i>	<i>Link</i>
Inhibin		
<b>Parathyroid</b>		
<b>PTH</b>	Parathyroid hormone Parathormone Parathyrin	<a href="#">parathyroid-hormone</a>
<b>Pancreas</b>		
<i>Islets of Langerhans/beta cells</i>		
<b>INS</b>	Insulin	<a href="#">insulin</a>
<b>GCG</b>	Glucagon	<a href="#">glucagon</a>
<b>SS</b> <b>SST</b> <b>SOM</b>	Somatostatin	<a href="#">somatostatin</a>
<i>PP Cells</i>		
Pancreatic Polypeptide		
<i>Pancreatic <math>\beta</math>-cells</i>		
<b>IAPP</b>	Amylin	
<b>Pineal gland</b>		
<b>MEL</b>	Melatonin	<a href="#">melatonin</a>
<b>Pituitary gland</b>		
<i>Anterior pituitary</i>		
<b>ACTH</b>	Adrenocorticotrophic hormone Adrenocorticotrophin Corticotropin	<a href="#">adrenocorticotropi c-hormone</a>
<b>FSH</b>	Follicle-stimulating hormone	<a href="#">follicle- stimulating- hormone</a>
<b>LPH</b>	Lipotropin	
<b>LH</b>	Luteinising hormone Interstitial cell stimulating hormone Lutropin	<a href="#">luteinising- hormone</a>



<b>Abbreviation</b>	<b>Name(s)</b>	<b>Link</b>
<b>GH</b> <b>HGH</b>	Growth hormone Somatotropin Human growth hormone	<a href="#">growth-hormone</a>
<b>PRL</b> <b>LTH</b>	Prolactin 'milk hormone' Luteotropic hormone	<a href="#">prolactin</a>
<b>TSH</b>	Thyroid-stimulating hormone thyrotropin thyrotrophin	<a href="#">thyroid-stimulating-hormone</a>
<i>Posterior pituitary (Magnocellular neurosecretory cells)</i>		
<b>OT</b>	Oxytocin	<a href="#">oxytocin</a>
<b>ADH</b>	Anti-diuretic hormone Vasopressin	<a href="#">anti-diuretic-hormone</a>
<b>Platelets</b>		
<b>TXA<sub>2</sub></b>	Thromboxane	
<b>Prostate (men only)</b>		
<b>DH</b>	Dihydrotestosterone	<a href="#">dihydrotestosterone</a>
<b>Skeleton</b>		
<i>Osteoblasts</i>		
<b>OCN</b>	Osteocalcin	
<b>Small intestine</b>		
<i>K cells</i>		
	Glucose-dependent insulinotropic peptide	<a href="#">glucose-dependent-insulinotropic-peptide</a>
<i>Mucosa of the duodenum and the jejunum</i>		
<b>GIP</b>	Gastric inhibitory polypeptide	
<b>MLN</b>	Motilin	
<i>Enterocytes</i>		

<i>Abbreviation</i>	<i>Name(s)</i>	<i>Link</i>
<b>LEP</b>	Leptin	<a href="#"><u>leptin</u></a>
<i>L-cells of duodenum</i>		
<b>CCK</b> <b>CCK-PZ</b>	Cholecystokinin	<a href="#"><u>cholecystokinin</u></a>
<b>Stomach and upper small intestine</b>		
<b>GAS</b>	Gastrin	<a href="#"><u>gastrin</u></a>
<b>Stomach with small amounts also released by the small intestine, pancreas and brain.</b>		
	Ghrelin	<a href="#"><u>ghrelin</u></a>
<b>Testes (men only)</b>		
<b>DH</b>	Dihydrotestosterone	<a href="#"><u>dihydrotestostero</u></a> <a href="#"><u>ne</u></a>
<i>Leydig cells</i>		
<b>T</b> <b>TST</b>	Testosterone 4-androsten-17β-ol-3-one	<a href="#"><u>testosterone</u></a>
<i>Sertoli cells</i>		
	Inhibin	
<b>Thymus</b>		
	Thymulin	
	Thymopoietin	
	Thymosins	
<b>Thyroid gland</b>		
<i>Follicles</i>		
<b>T4</b>	Thyroxine	<a href="#"><u>thyroxine</u></a>
<b>T3</b>	Triiodothyronine	<a href="#"><u>triiodothyronine</u></a>
<i>Parafollicular C-cells</i>		
<b>CT</b>	Calcitonin	<a href="#"><u>calcitonin</u></a>
<b>Vascular Endothelium</b>		
	Endothelial cells	

<i>Abbreviation</i>	<i>Name(s)</i>	<i>Link</i>
	Endothelin	
<b>White blood cells</b>		
<i>LT</i>	Leukotrienes	
<b>Hypothalamus, skin and pituitary gland</b>		
<i>MSH</i>	Melanocyte-stimulating hormone	<a href="#"><u>melanocyte-stimulating-hormone</u></a>
	Androstenedione	<a href="#"><u>androstenedione</u></a>
<b>Small intestine and in smaller quantities by the pancreas and the central nervous system.</b>		
<i>L-cells</i>		
<i>GLP-1</i>	Glucagon-like peptide 1 Incretin Glucagon-like peptide	<a href="#"><u>glucagon-like-peptide-1</u></a>
<i>PYY</i>	Peptide YY Peptide tyrosine tyrosine Pancreatic peptide YY3-36 Pancreatic peptide YY	<a href="#"><u>peptide-yy</u></a>
<b>Many or most cells of the body</b>		
<i>PGI<sub>2</sub></i> <i>PGD<sub>2</sub></i> <i>PGE<sub>2</sub></i> <i>PGF<sub>2α</sub></i>	Prostaglandins Prostaglandin D2 Prostaglandin E2 Prostaglandin F2 Prostaglandin I2 (prostacyclin) Thromboxane	<a href="#"><u>prostaglandins</u></a>
<i>SS</i> <i>SST</i> <i>SOM</i> <i>GHIH</i> <i>SRIF</i> <i>SRIH</i>	Somatostatin Growth Hormone Inhibitory Hormone Somatotropin Release Inhibiting Factor Somatotropin Release Inhibiting Hormone	<a href="#"><u>somatostatin</u></a>

# Iodine Content of Thyroid Hormones

For the purposes of comparison, I have considered the sodium salt of all four hormones. The sodium salt is the form usually used as replacement thyroid hormone. As a percentage, it would make very little difference if I had chosen the hydrochloride or other form.

## Levothyroxine sodium (T4)

Element	Atomic weight	Number in T4	Sum by element	Percentage by element
Carbon	12.011	15	180.165	22.55%
Hydrogen	1.008	10	10.08	1.26%
Iodine	126.904	4	507.616	63.54%
Nitrogen	14.007	1	14.007	1.75%
Sodium	22.989	1	22.989	2.88%
Oxygen	15.999	4	63.996	8.01%
Molecular weight			798.853	100.00%
Iodine content as a percentage by weight			63.54%	

## Liothyronine sodium (T3)

Element	Atomic weight	Number in T3	Sum by element	Percentage by element
Carbon	12.011	15	180.165	26.81%
Hydrogen	1.008	10	10.08	1.50%
Iodine	126.904	3	380.712	56.66%
Nitrogen	14.007	1	14.007	2.08%
Sodium	22.989	1	22.989	3.42%
Oxygen	15.999	4	63.996	9.52%
Molecular weight			671.949	100.00%
Iodine content as a percentage by weight			56.66%	

Di-iodothyronine sodium (T2)

Element	Atomic weight	Number in T2	Sum by element	Percentage by element
Carbon	12.011	15	180.165	33.06%
Hydrogen	1.008	10	10.08	1.85%
Iodine	126.904	2	253.808	46.57%
Nitrogen	14.007	1	14.007	2.57%
Sodium	22.989	1	22.989	4.22%
Oxygen	15.999	4	63.996	11.74%
Molecular weight			545.045	100.00%
Iodine content as a percentage by weight			46.57%	

Mono-iodothyronine sodium (T1)

Element	Atomic weight	Number in T1	Sum by element	Percentage by element
Carbon	12.011	15	180.165	43.09%
Hydrogen	1.008	10	10.08	2.41%
Iodine	126.904	1	126.904	30.35%
Nitrogen	14.007	1	14.007	3.35%
Sodium	22.989	1	22.989	5.50%
Oxygen	15.999	4	63.996	15.30%
Molecular weight			418.141	100.00%
Iodine content as a percentage by weight			30.35%	

If you are taking, say, 100 micrograms of levothyroxine (T4), that contains just over 63 micrograms of iodine. If ALL of that T4 is converted into T3 (or to Reverse T3) by the removal of one atom of iodine, just under 16 micrograms of iodine will be released and potentially become available to be recirculated.



# Pharma Contacts

## Finding Contact Details for Pharmaceutical Companies

The link at the bottom leads to contact details for most, possibly all, UK pharmaceutical companies which supply licensed medicines.

Many have some way of contacting them if you have problems with their products or supply issues. On occasion, some have been very helpful when a pharmacy has not managed to source a medicine.

Be aware that they are listed by actual company name rather than brand or subsidiary. For example, it lists Advanz but not Amdipharm / Mercury Pharma.

Typical information you will find might include:

- Address
- Telephone
- Medical Information Direct Line
- Customer Care direct line
- WWW
- Fax
- Medical Information e-mail
- Medical Information Fax

<https://www.medicines.org.uk/emc/browse-companies>

# Pharmacy Locations

Members often need to locate pharmacies in their locality. Each of the four nations of the United Kingdom has its own way of looking up pharmacies.

## ENGLAND

<https://www.nhs.uk/service-search/find-a-pharmacy/>

### Find a pharmacy

Do not go to a pharmacy if you have symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste).

Use the [NHS 111 online coronavirus service](#) to find out what to do

Enter a town, city or postcode in England

**Search**

**Use your location**

[See all internet pharmacies.](#)

[See all dispensing appliance contractors.](#)

## NORTHERN IRELAND

<https://www.nidirect.gov.uk/articles/community-pharmacists>

### Pharmacy opening hours

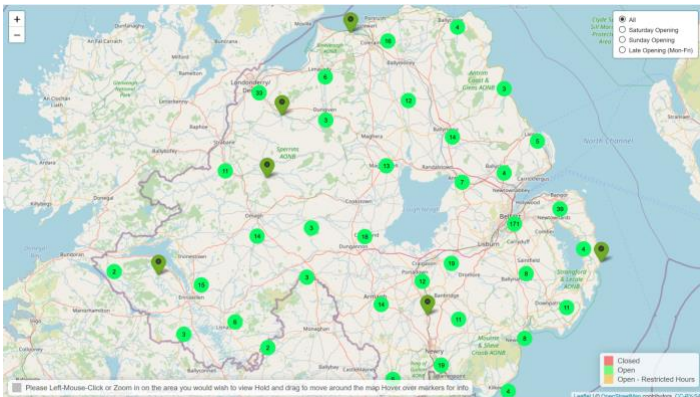
You can find details of pharmacies near you and their opening hours using the link below.

- [Pharmacy locations and opening hours](#) 

You can check pharmacy rotas on Sundays and public holidays in Northern Ireland on the Business Services Organisation (BSO) website.

- [Pharmacy rotas](#) 





## SCOTLAND

<https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/nhs-pharmacy-first-scotland>

# NHS Pharmacy First Scotland

## Overview



### Pharmacy services during the coronavirus (COVID-19) pandemic

With current public health advice around coronavirus, some services may:

- not be available
- be operating different opening times
- be closed temporarily

We recommend that you contact the service prior to attending.

[Find your nearest pharmacy](#)

## WALES

### English

<https://111.wales.nhs.uk/LocalServices/Default.aspx?s=Pharmacy>

If you have symptoms of Covid-19, please visit our [Coronavirus Symptom Checker](#). If you have had Covid-19 symptoms for more than 4 weeks OR are concerned about ongoing symptoms, please [click here](#). For more information about Covid-19, the vaccine and new variants, please visit the [Welsh Government](#) and [Public Health Wales](#) websites. For general information including Long Covid, visit our [Health A-Z](#).

### All Wales Information

The information held about pharmacies and their services is supplied to us by the All Wales Pharmacy Database. Should you have any comments or concerns about the information held please contact the pharmacy concerned.

### Services near you

Pharmacy

Enter full postcode, town/city or service name

[Show Search Help](#)

Search

Rydym yn defnyddio 'cookies' ar ein gwefan / We use cookies on our website. [Polisi preifatrwydd/Privacy Policy](#)

lawr/OK!

Cymraeg

<https://111.wales.nhs.uk/LocalServices/Default.aspx?s=Pharmacy&locale=cy>

Os oes gennych symptomau Covid-19, ymwelwch â [Wirwyr Symptomau Coronafirws](#). Os ydych wedi cael symptomau Covid-19 am fwy na 4 wythnos NEU yn poeni am symptomau parhaus clichech yma, i gael rhagor o wybodaeth am Covid-19, y frechlyn ac amrywiadau newydd ymwelwch â [Llywodraeth Cymru](#) ag [lechyd Cyhoeddus Cymru](#). Am wybodaeth gyffredinol yn cynnwys Covid Hir ewch i'n [lechyd A-Y](#).

### Gwybodaeth Cymru Gyfan

Mae'n wybodaeth sy'n cael ei dal am fferyllydd a'i wasanaethau yn cael eu cyflwyni i ni gan y bas data fferyllydd am Gymru gyfan. Os oes gennych unithw sylwadau neu bryderon am

### Gwasanaethau yn agos atoch chi

Fferyllyfa

Teipiwch cod post llawn, brefidinas neu enw gwasanaeth

[Dangos Help Chwilio](#)

Chwilio

Rydym yn defnyddio 'cookies' ar ein gwefan / We use cookies on our website. [Polisi preifatrwydd/Privacy Policy](#)

lawr/OK!

# Prescription Latin

Various words and phrases, largely (but not entirely) based on Latin, used in prescriptions. European practice has moved very strongly away from such terms.

Term	Latin	English
<b>Aa</b> <b>āā</b> <b>ĀĀ</b>	ana	of each
<b>AAA</b>		apply to affected area
<b>a.c.</b>	ante cibum	before meals
<b>a.c.h.s.</b> <b>ac&amp;hs</b>	ante cibum et hora somni	before meals and at bedtime
<b>a.d.</b>	auris dextra	right ear
<b>ad.</b> <b>add. addatur</b>	adde addatur	add let there be added
<b>ad lib.</b>	ad libitum	"at one's pleasure" as much as one desires freely
<b>ad us.</b>	ad usum	according to custom
<b>admov.</b>	admove admoveatur	apply [or] add add; let there be added
<b>æq.</b>	æquales	equal
<b>agit.</b>	agita	agitate (stir or shake)
<b>a.l.</b>	auris laeva	left ear
<b>alt. d.</b> <b>alt. dieb.</b>	alternis diebus	every other day on alternate days
<b>alt. h.</b> <b>alt. hor.</b>	alternis horis	every other hour at alternate hours
<b>altern. d.</b>	alterno die	every other day
<b>a.m.</b>	ante meridiem	before noon
<b>amp.</b>	ampulla	ampule (ampul, ampoule)
<b>amt</b>		amount

Term	Latin	English
<b>ana</b>	ana	of each
<b>a.p.</b>	ante prandium	before a meal
<b>aq.</b>	aqua	water
<b>aq. bull.</b>	aqua bulliens	boiling water
<b>aq. com.</b>	aqua communis	common water
<b>aq. dest.</b>	aqua destillata	distilled water
<b>aq. ferv.</b>	aqua fervens	hot water
<b>a.s.</b>	auris sinistra	left ear
<b>ATC</b>		around the clock
<b>a.u.</b>	auris utraque	both ears
<b>bd</b>	bis in die	twice a day
<b>BDS</b> <b>b.d.s.</b>	bis die sumendum	twice daily
<b>bib.</b>	bibe	drink
<b>bid</b> <b>b.i.d.</b> <b>b.d.</b>	bis in die	twice daily
<b>bis</b>	bis	twice
<b>bis in 7 d.</b>	bis in septem diebus	twice a week
<b>bis ind.</b>	bis indies	twice a day
<b>bol.</b>	bolus	as a large single dose (usually intravenously)
<b>b.t.</b>		bedtime
<b>bucc.</b>	bucca	buccal (inside cheek)
<b>ċ</b> <b>c.</b>	cum	with (usually written with a bar on top of the "c")
<b>cap.</b>	capiat	let him take (let the patient take)
<b>cap.</b> <b>caps.</b>	capsula	capsule

Term	Latin	English
<b>c.c.</b>	cum cibo	with food [or]
<b>cf.</b>	confer	compare
<b>cib.</b>	cibus	food
<b>c.m.</b>	cras mane	tomorrow morning
<b>c.m.s.</b>	cras mane sumendus	to be taken tomorrow morning
<b>c.n.</b>	cras nocte	tomorrow night
<b>cochl.</b>	cochleare	spoonful
<b>cochl. ampl.</b>	cochleare amplum	an ample spoonful (a tablespoonful)
<b>cochl. infant.</b>	cochleare infantis	a small spoonful (a teaspoonful)
<b>cochl. mag.</b>	cochleare magnum	a large spoonful (a tablespoonful)
<b>cochl. mod.</b>	cochleare modicum	a modest spoonful (a dessert-spoonful)
<b>cochl. parv.</b>	cochleare parvum	a scant spoonful (a teaspoonful)
<b>colet.</b>	coletur	let it be strained
<b>comp.</b>	compositus	compound
<b>contin.</b>	continuetur	let it be continued
<b>cpt.</b>	capiat	let him take (let the patient take)
<b>cr. crm</b>		cream
<b>CST</b>		continue same treatment
<b>cuj.</b>	cujus	of which
<b>c.v.</b>	cras vespere	tomorrow evening
<b>cyath.</b>	cyathus	a glassful
<b>cyath. vinos.</b>	cyathus vinosus	a wine-glassful
<b>D d.</b>	die [or]	
<b>d. in p. æ.</b>	divide in partes æquales	divide into equal parts

Term	Latin	English
<b>da</b>	da	give
<b>DAW</b>		dispense as written (i.e., no generic substitution)
<b>DC, dc, D/C, disc</b>		discontinue [or]
<b>decoct.</b>	decoctum	decoction
<b>det.</b>	detur	let it be given
<b>dieb. alt.</b>	diebus alternis	every other day; on alternate days
<b>dil.</b>		dilute
<b>dim.</b>	dimidius	one-half
<b>disp.</b>		dispersible [or] dispense
<b>div.</b>	divide	divide; let it be divided
<b>doses</b>		
<b>dosis</b>	days [or]	
<b>DS</b>		double strength
<b>d.t.d.</b>	dentur tales doses	give of such doses
<b>DTO</b>		deodorized tincture of opium
<b>elix.</b>	elixir	elixir
<b>e.m.p.</b>	ex modo prescripto	as directed (in the manner prescribed)
<b>emuls.</b>	emulsum	emulsion
<b>EOD</b>		every other day
<b>et</b>	et	and
<b>ex aq.</b>	ex aqua	in water with water
<b>exhib.</b>	exhibiatur	let it be given
<b>f.</b>	fiat	Make let it be made

Term	Latin	English
<b>f. pil.</b>	fiat pilula	make a pill
<b>f.h.</b>	fiat haustus	make a draught
<b>fl.</b> <b>fld.</b>	fluidus	fluid (usually meaning specifically liquid in health care)
<b>f.m.</b>	fiat mistura	make a mixture
<b>f.s.a.</b>	fiat secundum artem	make according to art
<b>ft.</b>	fiat	make; let it be made
<b>garg.</b>	gargarisma	gargle
<b>gr.</b>	granum	grain
<b>gtt(s)</b>	gutta(e)	drop(s)
<b>gutt.</b>	gutta(e)	drop(s)
<b>H</b>		hypodermic
<b>H</b> <b>hr</b> <b>hor.</b>	hora	hour
<b>habt.</b>	habeat	let him have
<b>hor. alt.</b>	hora alternis	every other hour (every second hour; at alternate hours)
<b>hor. decub.</b>	hora decubitus	at bedtime
<b>hor.</b> <b>intermed.</b>	horis intermediis	at intermediate hours
<b>hor. tert.</b>	horis tertiis	every third hour
<b>h.s.</b>	hora somni	at bedtime [or] half-strength (at the hour of sleep)
<b>i</b>	unus tabuletta	one tablet
<b>IBW</b>		ideal body weight (for dosing based on clearance estimation)
<b>ID</b>		intradermal
<b>ii</b>	duo tabuletta	two tablets
<b>iii</b>	tres tabuletta	three tablets

Term	Latin	English
<b>IJ</b> <b>inj.</b>	injectio	injection
<b>i.m.</b> <b>IM</b>		intramuscular
<b>IN</b>		intranasal
<b>ind.</b>	indies	daily
<b>inf.</b>	infusum	infusion (extraction) / intravenous infusion
<b>IO</b>		intraosseous
<b>IP</b>		intraperitoneal
<b>IT</b>		intrathecal
<b>IU</b>		international unit
<b>i.v.</b> <b>IV</b>		intravenous
<b>i.v.p.</b> <b>IVP</b>		intravenous push
<b>IVPB</b>		intravenous piggyback
<b>LAS</b>		label as such
<b>lat. dol.</b>	lateri dolenti	to the painful side
<b>lb.</b>	libra	pound
<b>l.c.d.</b>	liquor carbonis detergens	coal tar solution
<b>lin</b>	linimentum	liniment
<b>liq.</b>	liquor	solution
<b>lot.</b>	lotio	lotion
<b>M.</b> <b>m.</b>	misce	mix
<b>mane</b>	mane	in the morning
<b>max.</b>	maximum	maximum
<b>m.d.u.</b>	more dicto utendus	to be used as directed



Term	Latin	English
<b>midi</b>		at midday
<b>min.</b>	minimum [or] minim [or] minutum	minim [or] minim [or] minute
<b>mist.</b>	mistura	mixture
<b>mit. mitt.</b>	mitte	number of tablets provided
<b>mod. præscript.</b>	modo præscripto	in the manner directed
<b>nebul, neb.</b>	nebula	a spray (such as for insufflation)- nebulizer
<b>NMT</b>		not more than
<b>noct.</b>	nocte	at night
<b>non rep.</b>	non repetatur	no repeats (no refills)
<b>NPO n.p.o.</b>	nil per os	
<b>NS</b>		normal saline (0.9%)
<b>NTE</b>		not to exceed
<b>o 2 o2</b>		both eyes
<b>o.d.</b>	omni die	every day (once daily)
<b>o.d.</b>	oculus dexter	right eye
<b>o.m.</b>	omni mane	every morning
<b>omn. bih.</b>	omni bihora	every 2 hours
<b>omn. hor.</b>	omni hora	every hour
<b>o.n.</b>	omni nocte	every night
<b>OPD</b>		once per day
<b>o.s.</b>	oculus sinister	left eye
<b>o.u.</b>	oculus uterque	both eyes
<b>p.</b>	perstetur	continue
<b>part. æq.</b>	partes æquales	equal parts

Term	Latin	English
<b>p.c.</b>	post cibum	after meals
<b>pc</b>	post cibe	after food
<b>p.c.h.s.</b> <b>pc&amp;hs</b>	post cibum et hora somni	after meals and at bedtime
<b>per</b>	per	by or through
<b>pig.</b> <b>pigm.</b>	pigmentum	paint
<b>p.m.</b>	post meridiem	after noon
<b>p.o.</b>	per os	by mouth
<b>ppt.</b>	præparata	prepared
<b>p.r.</b> <b>PR</b>	per rectum	rectally
<b>p.r.n.</b> <b>PRN</b>	pro re nata	when required
<b>pt.</b>	perstetur	continue
<b>pulv.</b>	pulvis	powder
<b>p.v.</b> <b>PV</b>	per vaginam	vaginally
<b>q</b>	quaque	every, per
<b>q.1 h</b> <b>q.1°</b>	quaque 1 hora	every 1 hour (can replace "1" with other numbers)
<b>q4PM</b>		at 4 pm (can replace "4" with other numbers)
<b>q.a.d.</b>	quaque alternis die	every other day
<b>q.a.m.</b>	quaque die ante meridiem	every morning (every day before noon)
<b>q.d.</b> <b>q.1.d.</b>	quaque die	every day
<b>q.d.a.m.</b>	quaque die ante meridiem	once daily in the morning
<b>q.d.p.m.</b>	quaque die post meridiem	once daily in the evening

Term	Latin	English
<b>q.d.s.</b>	quater die sumendus	4 times a day
<b>qds</b>	quater die sumendum	four times daily
<b>q.h.</b>	quaque hora	every hour
<b>q.h.s.</b>	quaque hora somni	every night at bedtime
<b>q.i.d.</b> <b>qid</b>	quater in die	four times each day
<b>q.l.</b>	quantum libet	as much as is requisite
<b>q.n.</b>	quaque nocte	every night
<b>q.o.d.</b>	quaque altera die	every other day
<b>q.p.m.</b>	quaque die post meridiem	every evening (every day after noon)
<b>q.q.</b>	quaque	every;[10] each
<b>q.q.h.</b>	quater quaque hora	every 4 hours
<b>q.s.</b>	quantum sufficiat (subjunctive), quantum sufficit (indicative), quantum satis	as much as suffices; a sufficient quantity
<b>q.s. a.d</b>	add up to	
<b>q.v.</b>	quantum volueris	at will
<b>q.v.</b>	quod vide	which see
<b>QWK</b>		every week
<b>rep.</b> <b>rept.</b>	repetatur	let it be repeated repeats
<b>Rx</b> <b>R̄</b> <b>Rp</b>	recipe	take (often effectively a noun meaning "prescription")
<b>s.</b>	signa	write (write on the label)
<b>ṡ</b>	sine	without (usually written with a bar on top of the "s")
<b>s.a.</b>	secundum artem	according to the art (accepted practice or best practice)

Term	Latin	English
<b>SC</b>		subcutaneous
<b>sem.</b>	semen	seed
<b>sig.</b>	signa, signetur	write (write on the label)
<b>sing.</b>	singulorum	of each
<b>SL</b> <b>s.l.</b>	sub lingua	sublingually, under the tongue
<b>SOB</b>		shortness of breath
<b>sol.</b>	solutio	solution
<b>s.o.s.</b> <b>si op. sit</b>	si opus sit	if there is a need
<b>SQ</b>		subcutaneously
<b>s.s.</b> <b>SS</b>	semisse	one-half [or]
<b>SSI</b>		sliding scale insulin or sliding scale regular insulin
<b>st.</b>	stet	let it stand (for example, for settling)
<b>stat</b>	statim	immediately
<b>SubQ</b>		subcutaneously
<b>sum.</b>	sumat	take
<b>sumendum</b>		let him take
<b>supp.</b>	suppositorium	suppository
<b>susp.</b>	suspensio	suspension
<b>syr.</b>	syrupus	syrup
<b>tab.</b>	tabella	tablet
<b>tal.</b> <b>t.</b>	talus	such
<b>tbsp</b>		tablespoon
<b>t.d.s.</b> <b>TDS</b>	ter die sumendum	3 times a day

Term	Latin	English
<b>tds</b>	ter die sumendum	three times a day
<b>t.i.d.</b> <b>t.d.</b>	ter in die	3 times a day
<b>tid</b>	ter in die	three times daily
<b>Tr</b> <b>tinc.</b> <b>tinct.</b>	tinctura	tincture
<b>t.i.w.</b>		3 times a week
<b>top.</b>		topical
<b>TPN</b>		total parenteral nutrition
<b>trit.</b>	triturate	grind to a powder
<b>troch.</b>	trochiscus	lozenge
<b>tsp</b>		teaspoon
<b>u.d.</b> <b>ut. dict.</b>	ut dictum	as directed
<b>ung.</b>	unguentum	ointment
<b>vag.</b>	vagine	vaginally
<b>w</b>		with
<b>w/a</b>		while awake
<b>w/f</b>		with food (with meals)
<b>w/o</b>		without
<b>X, x</b>		times

# Tests (Summary)

A basic list of thyroid blood tests together with brief descriptions.

Short	Full	Description
<b>TSH</b>	Thyroid Stimulating Hormone  Thyrotropin	A hormone released by the pituitary gland which stimulates the thyroid gland to produce and release thyroid hormone.  The amount produced depends largely on the amount of thyroid hormone in the blood and the amount of Thyrotropin-releasing hormone produced by the hypothalamus.
<b>Free T4 FT4</b>	Free thyroxine	The amount of T4 that is in the blood and not bound to any protein.
<b>Total T4 TT4</b>	Total thyroxine	The amount of T4 in the blood both bound to proteins (the majority) and free (unbound).
<b>Free T3 FT3</b>	Free Tri-iodothyronine	The amount of T3 that is in the blood and not bound to any protein.
<b>Total T3 TT3</b>	Total Tri-iodothyronine	The amount of T3 in the blood both bound to proteins (the majority) and free (unbound).
<b>TRH</b>	Thyrotropin-releasing hormone	A hormone released by the hypothalamus which stimulates the pituitary to produce Thyroid Stimulating Hormone.  Rarely tested in any way.
<b>TPOab</b>	Thyroid Peroxidase antibodies (Formerly called microsomal antibodies.)	TPOab are indicative of damage to the thyroid but are not thought to cause that damage.
<b>TG</b>	Thyroglobulin	A protein produced within the thyroid gland which forms about half the protein content of the gland.



Short	Full	Description
		Testing is usually performed only in those with thyroid cancer - after treatment.
<b>TGab</b>	Thyroglobulin antibodies	TGab are indicative of damage to the thyroid but are not thought to cause that damage.
<b>TRab</b>	Thyroid stimulating hormone receptor antibodies TSH receptor antibodies	Antibodies which can attach to the TSH receptor.  They exist in three forms: Stimulating – see TSI below. Blocking Neutral
<b>TSI</b>	Thyroid Stimulating Immunoglobulin	TSI refers to TSH receptor antibodies which stimulate the receptor in the same way as TSH but cause the thyroid gland to produce and release an excess of thyroid hormone.  This is the mechanism by which Graves' Disease causes hyperthyroidism.
<b>TFT</b>	Thyroid Function Test	Typically interpreted as:  TSH test  If TSH result is over reference interval, do Free T4. If TSH result is under reference interval, do Free T4 and, possibly, Free T3.  Commonly called Reflex testing (Free T4 and Free T3 being automatically done by the laboratory on the basis of an algorithm).  Or Reflective testing (Free T4 and Free T3 being done after consideration by lab staff).

# Tests – LabTestsOnline

If your abbreviation or acronym is for a laboratory test, then you might find the following sites of use. They try to provide a list of tests and some useful information about them. In general, they do NOT have reference intervals (ranges) – which vary from one laboratory to another.

Language	Country	LabTestsOnline Links	
In English	<i>Australia</i>	<a href="http://www.labtestsonline.org.au">www.labtestsonline.org.au</a>	
	<i>UK</i>	<a href="http://www.labtestsonline.org.uk">www.labtestsonline.org.uk</a>	
	<i>USA</i>	<a href="http://www.labtestsonline.org">www.labtestsonline.org</a>	
En español	<i>Spain</i>	<a href="http://www.labtestsonline.es">www.labtestsonline.es</a>	
In Italiano	<i>Italy</i>	<a href="http://www.labtestsonline.it">www.labtestsonline.it</a>	
En français	<i>France</i>	<a href="http://www.labtestsonline.fr">www.labtestsonline.fr</a>	
στα Ελληνικά	<i>Greece</i>	<a href="http://www.labtestsonline.gr">www.labtestsonline.gr</a>	
Türkçe	<i>Turkey</i>	<a href="http://www.labtestsonline.org.tr">www.labtestsonline.org.tr</a>	
v češtině	<i>Czechia</i>	<a href="http://www.labtestsonline.cz">www.labtestsonline.cz</a>	
In Limba Romana	<i>Romania</i>	<a href="http://www.labtestsonline.ro">www.labtestsonline.ro</a>	
Magyarul	<i>Hungary</i>	<a href="http://www.labtestsonline.hu">www.labtestsonline.hu</a>	
Po Polsku	<i>Poland</i>	<a href="http://www.labtestsonline.pl">www.labtestsonline.pl</a>	
Em Português	<i>Portugal</i>	<a href="http://www.labtestsonline.org.br">www.labtestsonline.org.br</a>	



Language	Country	LabTestsOnline Links	
中文版	<i>China</i>	<a href="http://www.labtestsonline.org.cn">www.labtestsonline.org.cn</a>	
한글	<i>Korea</i>	<a href="http://www.labtestsonline.kr">www.labtestsonline.kr</a>	

# Thyroid Binding Proteins

In the bloodstream, and cerebro-spinal fluid (CSF) most thyroid hormones (T4 – thyroxine and T3 – triiodothyronine) are bound to three proteins.

Name	Notes
<b>Thyroid Binding Globulin TBG</b>	<p>The protein which binds most strongly to thyroid hormones.</p> <p>Present in lower concentration than transthyretin and albumin but actually carries the majority of thyroid hormone.</p> <p>The liver secretes Thyroid Binding Globulin into the blood.</p>
<b>Transthyretin TTR or TBPA</b>	<p>Sometimes (misleadingly) called prealbumin for historical reasons.</p> <p>Binds to thyroid hormones less strongly than Thyroid Binding Globulin.</p> <p>Occurs in blood serum and CSF.</p> <p>Transthyretin carries thyroid hormones and retinol (vitamin A).</p> <p>The liver secretes transthyretin into the blood, and the choroid plexus secretes transthyretin into the CSF.</p>
<b>Albumin ALB</b>	<p>Vitamins, enzymes and thyroid hormones.</p> <p>Binds to thyroid hormones less strongly than Transthyretin.</p> <p>The liver secretes albumin into the blood.</p>
<b>Lipoprotein ApoB100</b>	<p>In addition, a small fraction is distributed by lipoproteins including ApoB100</p>

There is a higher concentration of FT4 in the CSF than in the blood

<https://www.frontiersin.org/articles/10.3389/fnins.2015.00066/full>

# Thyroid Diseases, Disorders and Syndromes

List of most of the major thyroid disorders.

The naming and definitions are rather inconsistent and often confuse.

Disorder	Note
<b>Athyreosis</b>	Not having a thyroid gland – whether congenital, due to disease, or iatrogenic (due to treatment such as radio-iodine, radio frequency, surgery, or trauma).
<b>Atrophic Thyroiditis</b>	Thyroid diminishes in size and ability to manufacture thyroid hormone.
<b>Autoimmune thyroid disease AITD</b>	Any of the thyroid disorders caused by autoimmune processes – Atrophic Thyroiditis, Hashimoto's, Ord's, Graves' (disease and ophthalmopathy).
<b>Cancer Papillary Follicular Medullary Anaplastic</b>	Multiple cancerous growths which usually affect one part of the thyroid.
<b>Congenital hypothyroidism</b>	A specific form of athyreosis due to failure of the thyroid gland to develop.
<b>De Quervain's Thyroiditis</b>	A transient disturbance of the thyroid.
<b>Ectopic Thyroid</b>	Thyroid tissue other than in the usual location.
<b>Goitre</b>	Swollen thyroid often associated with insufficient iodine but also with Hashimoto's and can occur with no explanation.
<b>Graves' disease</b>	Immune system produces excess thyroid hormone resulting in a state of hyperthyroidism.
<b>Graves' ophthalmopathy (or orbitopathy)</b>	See: Thyroid Eye Disease
<b>Hashimoto's Thyroiditis</b>	Autoimmune destructive processes with at least a temporary goitre.
<b>Hashitoxicosis</b>	The phase of Hashimoto's thyroiditis in which thyroid hormone levels are high. Typically followed by low thyroid hormones.

Disorder	Note
<b>Hyperthyroidism</b> <b>Over-active thyroid</b>	An observation of elevated thyroid hormone levels. A consequence of several of the diseases listed.
<b>Hypothyroidism</b> <b>Under-active thyroid</b>	An observation of reduced thyroid hormone levels. A consequence of several of the diseases listed.
<b>Lingual Thyroid</b>	Thyroid tissue located in the tongue due to failure to relocate during development.
<b>Lymphocytic thyroiditis</b>	Any thyroid disease in which lymphocytes are observed to be attacking thyroid cells.
<b>Myxoedema</b>	The accumulation of mucin in tissue due to hypothyroidism. Hence also a synonym for hypothyroidism.
<b>Nodules</b>	Some nodules produce thyroid hormone, others do not.
<b>Ord's Thyroiditis</b>	Similar to Hashimoto's but with no observable goitre.
<b>Postpartum Thyroiditis</b>	Transient thyroiditis – which can result in hyperthyroidism and/or hypothyroidism – occurring in the weeks after giving birth.
<b>Resistance to Thyroid Hormone</b> <b>Impaired or Reduced Sensitivity to Thyroid Hormone</b>	Requirement for high levels of thyroid hormone in order for tissue to respond. Does not affect thyroid hormone level directly.
<b>Riedel's Thyroiditis</b>	Thyroid tissue becomes hard and reduces function.
<b>Silent Thyroiditis</b>	
<b>Thyroid adenoma</b>	A benign growth of the thyroid.
<b>Thyroid Eye Disease</b>	Disorder of the eyes thought to be caused by thyroid antibodies. Most commonly in association with Graves' disease but can occur with Hashimoto's thyroiditis and without any known thyroid disease.
<b>Thyroiditis</b>	Any inflammatory process of the thyroid.
<b>Thyroid Storm</b> <b>Thyroid Crisis</b>	Extreme, life-threatening hyperthyroidism.
<b>Thyroglossal duct cysts</b>	A cyst in the duct down which the thyroid descends during development.

Disorder	Note
<b>Toxic multinodular goitre (TMNG)</b> <b>Multinodular toxic goiter (MNTG)</b> <b>Plummer's Disease</b>	A state of hyperthyroidism caused by a multinodular goitre which is producing excess thyroid hormone.
<b>TSH-secreting pituitary adenomas</b> <b>(TSHoma or Thyrotropinoma)</b>	Pituitary issues causing excessive release of TSH.

# Thyroid Hormones

## Precursors

Precursors to thyroid hormones are formed in the lumen of thyroid follicles.

DIT and MIT are iodinated forms of the amino acid tyrosine. That is, the amino acid has iodine atoms replacing hydrogen atoms of the original amino acid molecule.

Two molecules of DIT can combine to form levothyroxine (T4).

One molecule of DIT and one molecule of MIT can combine to form triiodothyronine (T3).

Short	Other names
<b>DIT</b>	Diiodotyrosine 3,5-diiodo-L-tyrosine L-3,5-diiodotyrosine 3,5-diiodotyrosine L-diiodotyrosine
<b>MIT</b>	Monoiodotyrosine 3-iodo-L-tyrosine 3-iodotyrosine 3-monoiodo-L-tyrosine

## Thyroid hormones and derivatives

Thyroid hormones can both react with other molecules and be deiodinated (lose iodine atoms) by the action of deiodinase enzymes. The table below summarises known thyroid hormone derivatives. The table is unlikely to be complete: other forms may exist. The significance of many derivatives is often unclear – many may be of little importance.

Deiodination produces the series  $T4 \rightarrow T3 \rightarrow T2 \rightarrow T2 \rightarrow T0$  (top to bottom).

Reactions form acetic acid, amine, glucuronide and sulfate forms (left to right).

Short	Other names	Acetic	Amine	Glucuronide	Sulfate
<b>T4</b>	L-thyroxine Levothyroxine Thyroxine Thyroxin Tetraiodothyronine 3,3',5,5'-tetraiodo-L-tyronine	TA4 Tetrac	T4AM Thyroxamine L-Thyroxamine 3,3',5,5'-tetraiodothyronamine	T4G T4 Glucuronide	T4S T4 Sulfate

Short	Other names	Acetic	Amine	Glucoronide	Sulfate
<b>T3</b>	Liothyronine	TA3	<b>T3AM</b>	T3G	T3S
	Triiodothyronine	Triac	3,3',5-	T3	T3
	3,3',5-triiodo-L-thyronine	3,3',5-triiodothyroacetic acid	triiodothyronamine	Glucuronide	Sulfate
	Liothyronin		Triiodothyronamine		
			3,3',5-triiodothyronamine		
				<b>TA3G</b>	<b>TA3S</b>
				TA3 glucuronide	TA3 sulfate
<b>Reverse T3</b>	3,3',5'-triiodo-L-thyronine	rTA3	<b>rT3AM</b>	<b>rT3G</b>	<b>rT3S</b>
<b>rT3</b>	3,3',5'-triiodothyronine		3,3',5'-triiodothyronamine	reverseT3	reverse
	Reverse Triiodothyronine			Glucuronide	T3 Sulfate
<b>Active T2 (3,5-T2):</b>	3,5-Diiodothyronine	TA2	<b>T2AM</b>	T2G	T2S
	3,5-Diiodi-L-thyronine	Diac	3,5-T2AM	T2	T2
	Diiodo-L-thyronine		3,5-Diiodothyronamine	Glucuronide	Sulfate
	Diiodothyronine				
<b>Inactive T2 (3,3' - T2):</b>	3,3'-Diiodothyronine	3,3'-TA2	3,3'-Diiodothyronamine		
	3,3'-Diiodi-L-thyronine		3,3'-T2AM		
<b>Inactive T2 (3',5'- T2):</b>	3',5'-Diiodothyronine		3',5'-diiodothyronamine		
	3',5'-Diiodi-L-thyronine		3',5'-T2AM		
<b>T1 (3-T1)</b>	Monoiodothyronine	<b>TA1</b>	T1AM	<b>T1G</b>	<b>T1S</b>
	3-iodothyronine	Monoac	3-Iodothyronamine	T1	T1
	3-monoiodothyronine			Glucuronide	Sulfate
<b>3'-T1</b>	3'-iodothyronine		3'-Iodothyronamine		
	3'-monoiodothyronine				
<b>T0</b>	L-thyronine				
	Thyronine				

# Thyroid Medicines

Principle medicinal forms of thyroid hormones and combinations. You might occasionally see other combinations, and medicinal forms.

Medicine	
<b>Levothyroxine</b>	
<b>Alternative names:</b>	L-thyroxin Thyroxine Thyroxin Tetraiodothyronine T4
<b>Medicinal forms:</b>	Tablet Gel cap Oral solution (liquid)
<b>Liothyronine</b>	
<b>Alternative names:</b>	Triiodothyronine T3
<b>Medicinal forms:</b>	Tablet Hard capsule Oral solution (liquid)
<b>Desiccated thyroid</b>	
<b>Alternative names:</b>	Natural desiccated thyroid (NDT) Desiccated thyroid extract (DTE)

Medicine	
<b>Medicinal forms:</b>	Tablet
<b>Levothyroxine and liothyronine combination</b>	
<b>Medicinal forms:</b>	Tablets
<b>Levothyroxine and iodine combination</b>	
<b>Medicinal forms:</b>	Tablets
<b>Glandular</b>	
<b>Medicinal forms:</b>	Tablets

Much detailed medicine information has been collected in this document:

## helvella - Thyroid Hormone Medicines

I have created, and try to maintain, a document containing details of all thyroid hormone medicines in the UK and, in less detail, many others around the world.

<https://www.dropbox.com/s/shcwdwpedzr93ag/helvella%20-%20Thyroid%20Hormone%20Medicines.pdf?dl=1>



# Vitamins

List of all standard vitamins.

Vitimers are the various forms of the vitamin. These vitimers can have significantly different properties to each other and cannot be regarded as equivalents.

The vitamin names link to Wikipedia entries for each vitamin.

Vitamin	<a href="#">Vitimers</a>	<a href="#">Solubility</a>
<a href="#">Vitamin A</a>	all- <i>trans</i> - <a href="#">Retinol</a> , <a href="#">Retinals</a> , and alternative <a href="#">provitamin A</a> -functioning <a href="#">Carotenoids</a> including all- <i>trans</i> - <a href="#">beta-carotene</a>	Fat
<a href="#">Vitamin B<sub>1</sub></a>	<a href="#">Thiamine</a>	Water
<a href="#">Vitamin B<sub>2</sub></a>	<a href="#">Riboflavin</a>	Water
<a href="#">Vitamin B<sub>3</sub></a>	<a href="#">Niacin</a> , <a href="#">Niacinamide</a> , <a href="#">Nicotinamide riboside</a>	Water
<a href="#">Vitamin B<sub>5</sub></a>	<a href="#">Pantothenic acid</a>	Water
<a href="#">Vitamin B<sub>6</sub></a>	<a href="#">Pyridoxine</a> , <a href="#">Pyridoxamine</a> , <a href="#">Pyridoxal</a>	Water
<a href="#">Vitamin B<sub>7</sub></a>	<a href="#">Biotin</a> (sometimes called Vitamin H)	Water
<a href="#">Vitamin B<sub>9</sub></a>	<a href="#">Folates</a> , <a href="#">Folic acid</a>	Water
<a href="#">Vitamin B<sub>12</sub></a>	<a href="#">Cyanocobalamin</a> , <a href="#">Hydroxocobalamin</a> , <a href="#">Methylcobalamin</a> , <a href="#">Adenosylcobalamin</a>	Water
<a href="#">Vitamin C</a>	<a href="#">Ascorbic acid</a>	Water
<a href="#">Vitamin D</a>		Fat
D <sub>2</sub>	<a href="#">Cholecalciferol</a> (D3)	
D <sub>3</sub>	<a href="#">Ergocalciferol</a> (D2)	
<a href="#">Vitamin E</a>	<a href="#">Tocopherols</a> , <a href="#">Tocotrienols</a>	Fat
<a href="#">Vitamin K</a>		Fat
K <sub>1</sub>	<a href="#">Phylloquinone</a> (D2)	
K <sub>2</sub>	<a href="#">Menaquinones</a> (D3)	

# X-codes

There is widespread use of a poorly defined and informal system of abbreviations based on Latin manuscripts which use **R** (actually an **R** with a crossed leg – and often typeset as **Rx**) for “Take this” or “prescription”. Despite this origin, the codes now include some which do not have an “x”, and some which are not just two characters.

Plurals are often created simply by adding an “s”.

Many X-codes are ambiguous and actual meaning can only be inferred by the context.

X-code	Meaning
<b>Abx</b>	Antibiotic
<b>Ax</b>	Assessment (often psychiatric)
<b>Bx</b>	Behaviour
<b>Bx</b>	Biopsy
<b>Cx</b>	Cancelled
<b>Cx</b>	Culture
<b>DDx</b>	Differential Diagnosis
<b>Dx</b>	Diagnosis
<b>Ex</b>	Examination
<b>Ex</b>	Examination
<b>Ex</b>	Excision
<b>Fx</b>	Fracture
<b>Hx</b>	History
<b>Ix</b>	Investigation(s)
<b>Lx</b>	Lower extremity
<b>Lx</b>	Lumpectomy

X-code	Meaning
<b>Mx</b>	Massage
<b>Mx</b>	Multiple
<b>Pt</b>	Patient
<b>Px</b>	Prescription
<b>Px</b>	Procedure Code
<b>Px</b>	Prognosis
<b>Rx</b>	Pharmacy
<b>Rx</b>	Referral
<b>Rx or R</b>	Recipere; Prescription – “Take this”
<b>Sx</b>	Surgery
<b>Sx</b>	Symptom
<b>Tx</b>	Traction
<b>Tx</b>	Transplant
<b>Tx</b>	Treatment
<b>Vx</b>	Vaccine

*If you think there is any information that should be added, or if you find any mistakes, please send me a private message via HealthUnlocked <https://healthunlocked.com/user/helvella>.*